

Pam Rock's Lab Procedures

1-Write down lab rules. I have each student write them down and hand them in. To grade I give them two labs worth of points.

2-Recipe File. I have each student buy a recipe file. I suggest notecards on a spiral, any size. I also give them of using any type of notebook also.

*Recipes - I have written down the recipes on posterboards and the kids copy them down the first 5 minutes while I take roll and get things ready. I've also tried having copies in a book and putting them on overheads.

3-Lab Sign-up. I have students sign up for their kitchens. I let them choose their own groups to work with and will move them if there are problems.

4-Lab Assignment Chart. We go through assignment chart and how it works.

*I hang the chart up on the door so they can check it as they walk in. I bought Document Holders at Office Max.

5-I do a Demonstration (for CTE Intro I demo no bake cookies and FACS Exploration I do Oatmeal Chocolate Chip Cookies) and point out the jobs everyone would be doing. I stress heavily the sanitation part also.

6-I choose a very easy first lab and go through the Lab Procedures Chart. Sometimes I've put a time schedule up on the board and remind them when things will need to go in the oven, when they should start cleaning up, when I will start checking off kitchens, etc.

7-On a normal lab day I go through the recipe instructions and sometimes show a video demonstration. I also go through the equipment I will be checking. I have them leave the pans out that they use that day for the next class then I'm not bending so much. If they use the blenders, I have them leave blender apart, etc.

8-To check them off I just go through kitchens to see that they are clean. If a kitchen in a class after them catches something they didn't clean I make a note on grading sheet and go back and take $\frac{1}{2}$ points of everyone in the group.

Names: _____

Planning Ahead

1. List three pre-preparation tasks for this recipe and the equipment needed to complete them.

Task	Equipment
1-	
2-	
3-	

2. Estimate how long the pre-preparation, preparation, cooking time, and cleaning will take.

Tasks	Time
Pre-preparation	
Preparation	
Cooking Time	
Cleaning	

3. How long do you estimate the whole recipe will take?

4. When should you start cooking to have the recipe done by _____?

5. Which two steps listed in the directions could be dovetailed? Explain. _____

Names: _____

Planning Ahead

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LAB SHEET

Period: _____ Kitchen Number: _____

Lab: _____

Ex. Chef: _____

Sous Chef: _____

Organizer: _____

Server: _____



	1 Needs Improvement	2 Poor	3 Average	4 Good	5 Exceptional
SANITATION Appearance/ Uniform	Could not participate due to improper attire; poor hygiene, dirty fingernails, etc.	Dressed improperly; needed to make major modifications to attire, hair and/or hands in order to participate	Dressed properly for activity, minor modifications to hair and/or hands in order to work in kitchen	Dressed properly, hair restrained, and hands washed - no modifications necessary before beginning activity	Exceptionally neat, clean, arrived ready to being work
WORKSTATION	Poorly maintained work space during lab activity; cross-contamination and/or unsanitary conditions present	Work space not well maintained during activity; needed coaching to remedy conditions	Maintained moderately clean work space; some threat of cross contamination during lab activity	Maintained clean work space, avoided cross-contamination throughout activity	Maintained exceptionally clean and sanitary work space throughout activity, no cross-contamination or unsanitary conditions
WORK HABITS	Frequent touching of face, hair, unclean surfaces; little concern for cleanliness, no visible handwashing	Poor handwashing technique and/or frequency; no visible concern for cleanliness	Adequate handwashing technique and/or frequency; adequate concern for general cleanliness	Frequent, proper handwashing; minimal touching of face, hair or unclean surfaces; noticeable concern for cleanliness	Extreme care with cleanliness and handwashing and keeping hands clean; no touching of face, hair or unclean surfaces
CLEAN-UP	Inspection shows no cleaning of equipment utensils, an/or surfaces; items were left unwashed	Inspection show poor cleaning of equipment, utensils, and/or surfaces; items must be re-washed before further use	Inspection shows adequate cleaning of equipment utensils, and/or surfaces; some disorganization in storage	Inspection shows clean equipment, utensils, and/or surfaces; items are properly stored	Inspection shows, clean equipment, utensils, and/or surfaces; items are organized and stored with care
MISE EN PLACE	No planning or advance preparation demonstrated	Minimal planning; lack of efficiency	Adequate planning and efficiency	Thorough planning evident before and during activity	Extremely prepared; highly efficient
WASTE	Unacceptable amount of food and/or supplies wasted due to lack of planning and/or concern	Large amount of food and/or supplies wasted; waste could have been prevented	Acceptable amount of food and/or supplies wasted	No food and/or supplies wasted	Food and/or supplies were conserved, not used
TIME MANAGEMENT	Large amount of wasted time and/or inactivity; activity not completed	Did not complete in time allotted due to inefficient use of time	Average organization; completed activity relatively on time	Completed activity and all clean-up tasks on time	Exceptionally organized; completed activity ahead of time
EQUIPMENT USE/OPERATION	Improper use of tools and/or equipment resulting in breakage or injury to self and/or others	Careless use of tools and/or equipment resulting in excessive wear and tear to items	Adequate care of tools and/or equipment; no misuse noted	Shows respect for tools and supplies; normal wear and tear	Extreme care taken with all tools and equipment
TECHNIQUE SKILL LEVEL	Unacceptable skill level; does not meet minimum requirements for technique at this time	Needs practice and coaching to meet average skill level	Properly demonstrates skill with some prompting	Proficient at skill without supervision	Exemplary demonstration of skill level is beyond expectations at this time, can assist others
TEAMWORK COOPERATION	Disrupts and/or antagonizes others	Shows disrespect for others and/or their work or property	Works with others without supervision	Demonstrates patience and respect for others	Eagerly assists others

Squawk Sheet

Your Lab Number: _____

Your Class Period: _____

What was wrong?

Dirty Counters _____

Dirty Sink _____

Dirty Floor _____

Messy Drawer _____

Dirty/Wet Dishes _____

Dirty Stove _____

Dirty Microwave _____



Were there any other problems?

Teacher Signature: _____

Squawk Sheet

Your Lab Number: _____

Your Class Period: _____

What was wrong?

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Were there any other problems?

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Squawk Sheet

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Dirty Microwave _____



Were there any other problems?

Teacher Signature: _____

EXTRA CREDIT FORM

Name: _____ Period _____ Date _____

Food Prepared _____

*The rating form should be filled out by a parent/guardian.
Return completed form to the teacher as soon as possible.*

RATING SCALE	Excellent	Good	Fair	Comments
FINISHED PRODUCT:				
Appearance				
Flavor				
Did student follow the recipe.				
CLEAN UP:				
Kitchen left clean				
Dishes washed, dried & put away				

Parent's comments regarding this food experience:

Parent's Signature _____

Put a small sample of the food prepared in a baggie and staple it onto this paper.

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Name: _____ Period _____ Date _____

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Parent's comments regarding this food experience:

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Put a small sample of the food prepared in a baggie and staple it onto this paper.

FOODS CLASS CONTRACT

I, _____ agree to the following:

1. Be on time to class.
2. Have materials ready for learning - binder, pen or pencil.
3. Not use any electronic equipment in class.
4. Not sit on tables or counters or lean back on chairs.
5. Stay in assigned kitchen during foods labs.
6. Not comb hair in class. On lab days, pull long hair back.
7. Wear an apron when cooking and cleaning .
8. Sit down with my assigned kitchen to eat.
9. Use towels only in appropriate manner.
10. Not throw ANYTHING in the lab.
11. Stay out of refrigerator and teacher cupboards unless given permission.
12. Not use make-up or perfume in class.

I understand violation of the rules or inappropriate behavior will result in my cooking privileges being taken away. I am responsible for my behavior, all assignments and due dates.

*I have read and discussed these rules in class and understand them.
I agree to abide by these rules and the overall rules at our school
and understand the consequences of my failure to follow these rules.*

Student signature

Period _____

Witness

Date _____

This contract will be turned in at the end of the semester
I have strived to live by the rules during this class

Student Signature

Lab Rules

1. Be willing to try new foods.
2. Wash hands before cooking and after returning from bathroom.
3. Wear an apron while cooking, eating and cleaning.
4. Long hair tied back.
5. No flipping towels or throwing of anything.
6. Stay in your own kitchen during lab. NO WANDERING.
7. No sitting on counters or tables.
8. Sit down at the same time to eat.
9. Get food product checked off by teacher.
10. Lab sheets completely filled out and signed by teacher before being excused from class.



HOME COOKING LAB FORM

Name: _____ Period _____ Date _____

Recipe Name _____ Copy of recipe on back _____

*This rating form should be filled out by a parent/guardian.
Return completed form to the teacher as soon as possible.*

RATING SCALE	Excellent	Good	Fair	Comments
FINISHED PRODUCT:				
Appearance				
Flavor				
Did student follow the recipe.				
CLEAN UP:				
Kitchen left clean				
Dishes washed, dried & put away				

PARENT'S COMMENTS REGARDING THIS FOOD EXPERIENCE:

Parent's Signature _____

HOME COOKING LAB FORM

Name: _____ Period _____ Date _____

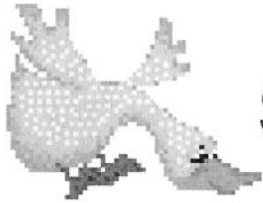
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CLEAN UP:				
Kitchen left clean				
Dishes washed, dried & put away				

PARENT'S COMMENTS REGARDING THIS FOOD EXPERIENCE:

Parent's Signature _____



SQUA-A-A-WK SHEET



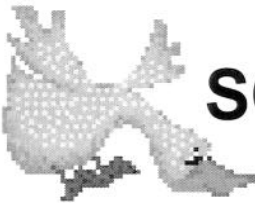
DATE: _____

UNIT: BLACK BLUE BROWN GREEN YELLOW RED

PERIOD FILLED OUT: 1 2 3 4 5 6 7 8

FOOD BEING PREPARED: _____

PROBLEMS: _____



SQUA-A-A-WK SHEET



DATE: _____

UNIT: BLACK BLUE BROWN GREEN YELLOW RED

PERIOD FILLED OUT: 1 2 3 4 5 6 7 8

FOOD BEING PREPARED: _____

PROBLEMS: _____



Name: _____ Unit# _____ Per. _____
Name: _____ Name: _____
Name: _____ Name: _____

Cleaning Day ☺

- _____ Wash out the inside, and outside of the microwave until spotless.
- _____ Clean the turntable/plate in the microwave.
- _____ Wash all the counters, including underneath all equipments (move it). (last)
- _____ Take out all dishes and wash with hot soapy water.
- _____ Dry all dishes completely.
- _____ Take out all equipment and wash with hot soapy water.
- _____ Wipe out all cabinets and drawers (when everything's out of it).
- _____ Clean the entire outside of the cabinets and walls.
- _____ Wipe off the entire Kitchen Aid and clean all attachments and bowls.
- _____ Wipe off the entire Cuisinart Ice Cream Maker and clean all attachments & bowls.
- _____ Clean stove top – No cleaners, water only!
- _____ Clean inside the oven – ABSOLUTELY NO CLEANERS!
- _____ Clean the entire outside of the oven (sometimes the little knobs may be removed).
- _____ Wash sink.
- _____ Replace all clean dishes and equipment to the appropriate place (using the labels as a guide).
- _____ At the end of the year, empty all contents from the staples containers (Flour, sugar, brown sugar) into the garbage, and wash the containers thoroughly.
- _____ Stack clean staples containers inside each other. (Put smaller containers in larger)
- _____ Bring all extra items to the supply table.
- _____ Clean the tile dividers (behind stoves).
- _____ Wash all the counters, including underneath all equipment (move it).
- _____ CAREFULLY slide the oven out (do not ruin any of the electrical plugs, or gas lines) and sweep and mop under the ovens.
- _____ Sweep the floor.
- _____ Mop the floor.

*I must sign you off on each item.

Cooking Lab Rules

- 1-Wash your hands with hot soapy water before doing anything.
- 2-Don't sit on the counters.
- 3-Don't touch your hair, face and stuff while in the cooking lab.
- 4-Use oven and equipment properly.
- 5-Stay in your assigned labs at ALL times.
- 6-No flicking towels.
- 7-No playing with food, water and soap.
- 8-Follow your assigned jobs each time.
- 9-Leave your kitchens CLEAN and ORGANIZED.
- 10-Don't leave until you have checked off.
- 11-Use no more than 2-3 towels.
- 12-Clean up spills and be sure towels end up IN the dirty basket.

I will keep these lab rules or lose my privilege to cook.

PRINT and SIGN your name.

***We don't cook until everyone has their recipe written down-NO EXCEPTIONS!**



Name: _____

Period: _____

Foods & Nutrition Evaluation

1. What was your favorite cooking lab? _____
2. What was your favorite cooking job? _____
3. What went in your cooking labs? _____

4. What would have been helpful for you to do better in the cooking labs?

5. What would you have changed about the cooking labs?

6. List 5 careers related to working with foods & nutrition.
 - 1- _____
 - 2- _____
 - 3- _____
 - 4- _____
 - 5- _____
7. Would you like to work in the food service industry? Why or Why not?

8. Do you think it might be interesting to help people eat more healthy? Why or why not? _____
9. How many participation points do you think you deserve for following rules during our foods unit? / 25



Extra Credit/Lab Makeup Lab Sheet

(Please fill out the following lab sheet when cooking at home for either extra credit or making up a lab. Please circle Lab makeup or extra credit below.)

10 Points extra credit or 40 points lab makeup

Name: _____ Date: _____ Period: _____

Recipe Cooked: _____

Date: recipe was cooked in class: _____

Cooking Responsibilities 10 points

Student	Parent /Guardian– Circle an appropriate score
Gather all ingredients before cooking.	Cleaned up completely 0 1 2 3 4 5
Prepare recipe.	Safety procedures were followed. 0 1 2 3 4 5
Set aside an example for Mrs. Greenwood	Washed hands 0 1 2 3 4 5
Serve food.	Other sanitation procedures were followed to prevent cross contamination. 0 1 2 3 4 5
Clean – Up	Please sign in the space provided below.

Parents Signature: _____

Date: _____

5 points for having a parent or guardian's signature.

Please bring in a sample of the food cooked or no points will be awarded.

Self Evaluation 2 points

Today I

☐ Wore an Apron ☐ Followed safety guidelines.

☐ Followed sanitation guidelines.

Product Evaluation 3 points

Rate your product on the following scale, 5 being the best. Circle the number.

Appearance 1 2 3 4 5 Flavor 1 2 3 4 5

Color 1 2 3 4 5 Texture 1 2 3 4 5

Lab Analysis 10 points

Write 4-5 sentences on the back of this sheet describing what you learned from the lab, what went wrong and what you would do differently next time. Please be specific. I do not want to know that you learned how to make wonton salad instead tell me that you discovered that you should not have the oil to hot because it will burn your wontons. There is always something to learn even if you think that you know it all already.

FOODS CLASS CONTRACT

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3. Not use any electronic equipment in class.
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6. Not comb hair in class. On lab days, pull long hair back.
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*I have read and discussed these rules in class and understand them.
I agree to abide by these rules and the overall rules at our school
and understand the consequences of my failure to follow these rules.*

Student signature

Period _____

Witness

Date _____

This contract will be turned in at the end of the semester
I have strived to live by the rules during this class

Student Signature

Food Demonstration Outline

Recipe Name:

Step by Step Procedures.(Use the recipe for this.)	List all supplies and equipment needed for demonstration.
1-	1-
2-	2-
3-	3-
4-	4-
5-	5-
6-	6-
7-	7-
8-	8-
9-	9-
10-	10-
11-	11-
12-	12-
13-	13-
14-	14-
15-	15-
	How will food be served:
	Uses and Variations
	1-
	2-
	3-
Information about demo. (Food origin, nutrition, cost, substitutions, etc.)	Functions of Ingredients
1-	1-
2-	2-
3-	3-
4-	4-
5-	5-
	6-
	7-
	8-

*I got a form similar to this while I was student teaching, but I don't know who made it.

Fresh Fruits

Fresh Vegetables

Canned Goods

Breads

Meats

Dairy

Beverages

Frozen Foods

Other

Housekeeping Items to cover the first week of class:

- Fire drills & emergency drills
- Where to find missed assignments
- Where to hand in finished assignments
- Where to find graded assignments
- Hall pass policy
- Make up labs review
- Make up tests
- Book checkout
- Cell Phones, iPods, Palm Pilots
- Supplies Review
- Dress Code
- Extra Credit
- Calendar
- Bulletin Board
- Grades review

Is Your Unit Clean?

Checklist:

- Did you use disinfectant?
- Did you clean your microwave?
- Did you rinse/dry out your sink?
- Did you wipe down your counters?
- Did you clean your stove top?
- Did you straighten your cupboards?
- Are all the cupboard doors closed?
- Are all the dishes put away?
- Did you put away your dishtowels?
- Did you make sure the floor is clean?

NOTE: If the above things are not done daily, 25 points will be deducted from your grade. For instance, if the counters in a unit are dirty for all five class hours, all five class hours that used the unit will be docked 25 points. You are not only a team member to your unit partners, you are a team member with all of those people that use your unit. Keep them clean!

Lab Planning Sheet

Recipe Name _____	Kitchen #: _____	Period: _____
Chef: _____ 1. Read and follow recipe. 2. Does major cooking. 3. Goes through cleaning checklist. 4. Checks that all jobs are being done and equipment put away correctly. 5. Uses appropriate manners and supervises justly.	Sous Chef : _____ 1. Does cooking tasks assigned by chef. 2. Preheats oven if necessary. 3. Greases pans or puts parchment on pans. 4. Get supplies. 5. Uses appropriate manners and behavior.	
Dishwasher: _____ 1. Washes and rinses ALL dishes. 2. Cleans stovetop and inside of microwave. 3. Rinses out sink after it is drained. 4. Uses appropriate manners and behavior.	Dryer: _____ 1. Dries and puts away clean dishes. 2. Sweeps the floor. 3. Put used towels in dirty basket AFTER kitchen has been checked off. 4. Uses appropriate manners and behavior.	
Clean-Up 1. Scrape food off dishes into the garbage. 2. Fills flour, salt, and sugar canisters. 3. Wipes off counters, canisters and table. 4. Uses appropriate manners and behavior.	Extra 1. Fold towels, clean demo table, pick up trash by tables. 2. Uses appropriate manners and behavior. 3. Takes the place of an absent member of the group.	

Rate your food: Try Better Next Time

Okay

Good

Great

Any problems: _____

Rate Recipe(Circle one): (Yuk) 1 2 3 4 5 6 7 8 9 10 (Yum)

Lab Planning Sheet

Recipe Name _____	Kitchen #: _____	Period: _____
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Rate your food: Try Better Next Time

Okay

Good

Great

Any problems: _____

Rate Recipe(Circle one): (Yuk) 1 2 3 4 5 6 7 8 9 10 (Yum)

Cleaning Checklist (Chef checks off list)

- _____ All dishes cleaned, dried and put in correct cupboard.
- _____ Counters and sink clean.
- _____ Floor swept.
- _____ Used towels put in the DIRTY basket.
- _____ Appliances wiped down.
- _____ Canisters wiped down and closed tightly.

Lab Questions

1-

2-

Cleaning Checklist (Chef checks off list)

- _____ All dishes cleaned, dried and put in correct cupboard.
- _____ Counters and sink clean.
- _____ Floor swept.
- _____ Used towels put in the DIRTY basket.
- _____ Appliances wiped down.
- _____ Canisters wiped down and closed tightly.

Lab Questions

1-

2-

Date:	Date:
A1	B1
A2	B2
A3	B3
A4	B4

Lab Planning Sheet
Kitchen #

Chef

1. Read and follow recipe.
2. Does major cooking.
3. Goes through cleaning checklist.
4. Checks all jobs are being done and equipment put away correctly.
5. Uses appropriate manners and supervises justly.

Sous Chef

1. Does cooking tasks assigned by chef.
2. Preheats oven if necessary.
3. Greases pans or parchment on pans.
4. Get supplies.
5. Uses appropriate manners and behavior.

Dryer

1. Dries and puts away clean dishes.
2. Sweeps the floor.
3. Fills canisters if needed.
4. Put used towels in basket.
5. Uses appropriate manners and behavior.

Dishwasher

1. Washes and rinses dishes.
2. Cleans stovetop and microwave.
3. Wipes off counters and table.
4. Wipes off canisters.
5. Uses appropriate manners and behavior.

Extra

1. Fold towels, clean demo table, pick up trash by tables.
2. Uses appropriate manners and behavior.
3. Takes the place of an absent member of the group.

****If you leave without being checked off you lose your lab points. ****

Cleaning Checklist (Chef checks off list)

- *All dishes cleaned, dried and put in correct cupboard.
- *Counters and sink clean.
- *Floor swept.
- *Checks that no used towels are left in kitchen.
- *Appliances wiped down.

Lab Planning Sheet
Kitchen #

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4. Checks that all jobs are being done and equipment put away correctly.
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Dryer

1. Dries and puts away clean dishes.
2. Sweeps the floor.
3. Put used towels in dirty basket AFTER kitchen has been checked off.
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Clean-Up

1. Scrape food off dishes into the garbage.
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Extra

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Cleaning Checklist (Chef checks off list)

- *All dishes cleaned, dried and put in correct cupboard.
- *Counters and sink clean.
- *Floor swept.
- *Checks that no used towels are left in kitchen.
- *Appliances wiped down.

Lab Procedures

1. Check the Lab Assignment Sheet when you walk in the class.
2. Get your recipe file and copy down recipe.
3. Listen to Teacher's instructions.
4. Read Lab Planning Sheet hanging in kitchen:
Dishwasher gets linens for kitchen.
 - Towel for drying hands.
 - Towel for drying dishes.
 - Dishcloth for washing dishes and wiping down kitchen.
5. EVERYONE washes their hands.
6. Dishwasher fills sink with hot soapy water and washes dishes as they are used.
7. If your job doesn't need to be done right away, pull up a chair to your kitchen and wait.
8. Sous Chef ONLY gets ingredients from supply table.
9. If someone in your group is gone, the 'Extra' does their job.
10. Be sure all dishes are clean and put back in correct cupboard or drawer.
11. Keep water in sink and towels in kitchen and check off with teacher.
12. Put towels in dirty basket and rinse out sink.



A1 9 th Grade Foods	1/23-2/12	2/15-3/5	3/10-3/21	3/28-4/4	4/11-4/25	4/30-End
1.	Chef	Sous Chef	Dishwasher	Dryer	Clean Up	Extra
1.	Extra	Chef	Sous Chef	Dishwasher	Dryer	Clean Up
1.	Clean Up	Extra	Chef	Sous Chef	Dishwasher	Dryer
1.	Dryer	Clean Up	Extra	Chef	Sous Chef	Dishwasher
1.	Dishwasher	Dryer	Clean Up	Extra	Chef	Sous Chef
1.	Sous Chef	Dishwasher	Dryer	Clean Up	Extra	Chef
2.	Chef	Sous Chef	Dishwasher	Dryer	Clean Up	Extra
2.	Extra	Chef	Sous Chef	Dishwasher	Dryer	Clean Up
2.	Clean Up	Extra	Chef	Sous Chef	Dishwasher	Dryer
2.	Dryer	Clean Up	Extra	Chef	Sous Chef	Dishwasher
2.	Dishwasher	Dryer	Clean Up	Extra	Chef	Sous Chef
2.	Sous Chef	Dishwasher	Dryer	Clean Up	Extra	Chef
3.	Chef	Sous Chef	Dishwasher	Dryer	Clean Up	Extra
3.	Extra	Chef	Sous Chef	Dishwasher	Dryer	Clean Up
3.	Clean Up	Extra	Chef	Sous Chef	Dishwasher	Dryer
3.	Dryer	Clean Up	Extra	Chef	Sous Chef	Dishwasher
3.	Dishwasher	Dryer	Clean Up	Extra	Chef	Sous Chef
3.	Sous Chef	Dishwasher	Dryer	Clean Up	Extra	Chef
4.	Chef	Sous Chef	Dishwasher	Dryer	Clean Up	Extra
4.	Extra	Chef	Sous Chef	Dishwasher	Dryer	Clean Up
4.	Clean Up	Extra	Chef	Sous Chef	Dishwasher	Dryer
4.	Dryer	Clean Up	Extra	Chef	Sous Chef	Dishwasher
4.	Dishwasher	Dryer	Clean Up	Extra	Chef	Sous Chef
4.	Sous Chef	Dishwasher	Dryer	Clean Up	Extra	Chef
5.	Chef	Sous Chef	Dishwasher	Dryer	Clean Up	Extra
5.	Extra	Chef	Sous Chef	Dishwasher	Dryer	Clean Up
5.	Clean Up	Extra	Chef	Sous Chef	Dishwasher	Dryer
5.	Dryer	Clean Up	Extra	Chef	Sous Chef	Dishwasher
5.	Dishwasher	Dryer	Clean Up	Extra	Chef	Sous Chef
5.	Sous Chef	Dishwasher	Dryer	Clean Up	Extra	Chef
6.	Chef	Sous Chef	Dishwasher	Dryer	Clean Up	Extra
6.	Extra	Chef	Sous Chef	Dishwasher	Dryer	Clean Up
6.	Clean Up	Extra	Chef	Sous Chef	Dishwasher	Dryer
6.	Dryer	Clean Up	Extra	Chef	Sous Chef	Dishwasher
6.	Dishwasher	Dryer	Clean Up	Extra	Chef	Sous Chef
6.	Sous Chef	Dishwasher	Dryer	Clean Up	Extra	Chef
7.	Chef	Sous Chef	Dishwasher	Dryer	Clean Up	Extra
7.	Extra	Chef	Sous Chef	Dishwasher	Dryer	Clean Up
7.	Clean Up	Extra	Chef	Sous Chef	Dishwasher	Dryer
7.	Dryer	Clean Up	Extra	Chef	Sous Chef	Dishwasher
7.	Dishwasher	Dryer	Clean Up	Extra	Chef	Sous Chef
7.	Sous Chef	Dishwasher	Dryer	Clean Up	Extra	Chef

What do I do if I miss a cooking lab?

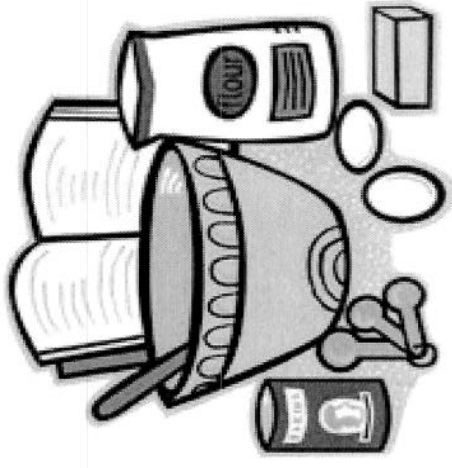
1-Copy down the recipe you missed in your recipe file.

2-Go home and make the recipe.

3-Put a sample (small amount) in a disposable (ziploc) bag.

4-Label it with your name and class period.

5-Turn it in to teacher for credit.



What do I do if I miss a cooking lab?

- 1-Copy down the recipe you missed in your recipe file.
- 2-Go home and make the recipe.
- 3-Put a sample (small amount) in a disposable (ziploc) bag.
- 4-Label it with your name and class period.
- 5-Turn it in to teacher for credit.



Measuring Made Easy

1 cup							
$\frac{1}{2}$ cup				$\frac{1}{2}$ cup			
$\frac{1}{4}$ cup		$\frac{1}{4}$ cup		$\frac{1}{4}$ cup		$\frac{1}{4}$ cup	
1/8 cup	1/8 cup	1/8 cup	1/8 cup	1/8 cup	1/8 cup	1/8 cup	1/8 cup
2 Tbsp.	2 Tbsp.	2 Tbsp.	2 Tbsp.	2 Tbsp.	2 Tbsp.	2 Tbsp.	2 Tbsp.

1 cup		
$\frac{1}{3}$ cup	$\frac{1}{3}$ cup	$\frac{1}{3}$ cup
5 Tbs. + 1 tsp.	5 Tbs. + 1 tsp.	5 Tbs. + 1 tsp.

1 Quart		1 Pint				1 Pint
1 cup	1 cup	T	T.	T.	T	1 Pint
		.			.	
		T	T.	T.	T	
		.			.	
1 cup	1 cup	T	T.	T.	T	1 Pint
		.			.	
		T	T.	T.	T	
		.			.	
1 cup	1 cup	1 cup				

8 fl. oz. = _____cup

16 oz. = _____lb.

3 tsp. = _____Tbsp.

1 cube butter/margarine = _____cup

4 cubes butter/margarine = _____lb.

Teacher Ideas for Cooking/Lab Management

I came across some paint pens in Nasco and ordered a set. I numbered and color coded all the equipment in each kitchen and it has made keeping things in their proper places immensely easier.

-Nancy E. Fidler

The one thing I found that makes my labs run smoother with 7th graders is on the board I make a list of exactly what they need on their tray as they come up to measure and why they need each one/what they will use it for. If they are missing anything I send them back before they start measuring ingredients. It has reduced the number of times students have to run back and forth from their kitchens to the demo table.

-Tami Flygare

I'm sure I'm not the only one who does this, but I'll send it in case no one else has because it is so helpful. Color coding the kitchens and equipment, aprons, dish towels, etc is very effective and efficient. The idea was given to me by Lee Stockard, who just retired this year.

-Jackie Winward

I do not know if this qualifies but I stress to the students that I give them information that they may not know or the recipe does not specify at the beginning of lab and that it is very important to listen to those instructions to be successful.

On my lab sheet I have them write a lab analysis about what they learned. I do not like when they write I learned to make cream puffs but instead I want them to write what they learned about making it not that they learned to make it! So I started writing lab analysis ideas on the board that they can refer to. It is about 3-4 questions in reference to what we talked about in class that applies to the lab.

I will also send a copy of my lab sheets, I have individual lab sheets instead of one for each group. This way not everyone gets the same score when one or 2 do all of the work. I have a folder for each lab unit that they keep their lab sheets in on one side it is labeled To Be Graded and the other side Graded. They put their lab sheets on the to be graded side and leave the folder on the counter in their lab with their extra duty sheet for me to come around a pick up when I check their lab. I also have a rating sheet for how clean their lab was left where I mark the points that they miss for not cleaning their part of the lab.

Oh one other thing. I think that you will like this! I have discovered shopping on line at Albertsons. They deliver for \$10 a delivery. This saves me on gas and time. They bring it right to my classroom. I had to set up an account and get it approved through my district but it is wonderful. The only thing that is a problem is that I cannot always tell how much is in a package and sometimes order too much and I do not know the quality of produce I am getting. It has been worth it I try to order once or twice a month and get

the produce at the local store when I need it. They fax a bill to the school once a month. I set up the business to business account with Teresa Spero-pittman. Here is her e-mail and phone number. Share the e-mail and phone number at your discretion. There were times that I felt that I saved the \$10 in delivery charges. You have to order enough in advance so that the truck is not full when you need it to be delivered and you must be there when it is delivered.

Teresa.spero-pittman@supervalu.com 208-395-5398

Gaylene Greenwood

1. I have my student come to my supply table and measure all the ingredients. I can watch them all at once on my table and we have fewer mistakes doing it together. If your lab table is too small for all these trays. Assign servers so one person measures one ingredient until they all get what they need from the supply table. Lab helpers or servers work too.
2. I put a small ruler in the apron pen pocket and the dish person must come and check off their kitchen and turn in the ruler before they can leave. I can tell by counting my small numbered rulers what kitchens need to be checked off at the end of class. Flexible plastic rulers or just laminated card board works great. Hard 6" plastic ruler break so just number cut and laminate something cute.
3. Keep all shopping list and file them with the labs and recipes. You never have to write that shopping list again at the end of a school day.
4. I got really tired of lab sheet that students never have time for in a 45 min. lab period. So for Intro. to CTE I make it simple and write the lab sheet with detailed assignment for each person in the group on the board. I rotate the assignments myself by rotating the number on the board. I give credit to only those in lab. I know and they know from the board and my seating chart who is to be doing what at all times during a lab day. (In a full semester foods class I think you need the lab sheet for evaluation purposes and questions.)

This works for my and how my room is set-up.

-Patricia Jorgenson (Mt. Nebo Jr. High)

One idea I thought was great and have used in my own lab (the idea is not mine someone else told me about it) I have lab sheets of four different labs. so I don't have as much paperwork. I have the head chef come get me when their group is ready to check off I then inspect and sign the sheet. I then have them file their sheet in a filing box. I have a file 1 for each unit that means 7 files regardless of how many classes are taught. Then they grab that sheet for the next lab. As an incentive to make sure they get all four labs signed and they put the paperwork in the right spot I staple koolaid packet on the new lab sheet if they didn't miss any points and they filled out the lab sheet. Hope that makes sense.

-Amy Johnson sent this, but it was an idea she got from someone else but she doesn't remember who.

I have color coded my labs—so I have 8 different colors and the students wear aprons that match their lab color. So the red group wears red aprons—this gives you a visual so you can tell if they are in the correct lab, getting supplies or just wandering and goofing off. I dyed my aprons using RIT dye. It worked ok—the aprons are varying shades of the color or kind of tied dyed looking—but the students like them so it works. I have found that they help their lab groups more because I immediately call on them if they are out of place. It has really helped me organize my labs. I was also able to color code my dishes so the red lab has red dishes etc. I pattern coded my silverware so I can tell if they left it in the supplies etc. I was able to do that because we just opened the school 3 years ago. It has worked really well for me. I have an extra job chart on the wall so the students do the clean-up and all I do is set out the ingredients. I have them rotate jobs by their lab colors. I have lab sheets that divide the jobs up evenly and prevent squabbling—but I got that idea from Linda Stokes at Riverton High School.

-Kristi Johnson (Sunset Ridge Middle School)

Here are just a few things that I do:

- *Put them in a lab group and each group has a head chef. If they have any questions they have to ask the head chef first and then if the head chef does not know then the head chef will come and ask me. This helps with not having a million kids asking you questions.

- *I have the head chef rate each student on a scale of 1-5 on how well they cleaned up and this score goes toward their grade.

- *I wear an apron on the days we will cook so they don't ask everyday if you are cooking.

- *I make sure the kitchen is all cleaned up before they can eat what they prepared!

Hope these help!

- ST Nelson

In my drawers are outlines of the tools that go in that drawer, I have laminated signs in each cupboard of what goes in there - 2x2 inch - large enough to see easily. Especially at first, I look to make sure that everything is put away in the correct place - drawers, cupboards, cups dry, I feel the counters and stove (like the glove test) to make sure they are clean. It's fun to see the students starting to feel for cleanliness on their own after awhile.

On the lab sheets are teacher jobs. Mine are Kitchen 1 - wash teacher dishes Kitchen 2 Wipe off supply table Kitchen 3 Sweep under supply table Kitchen 4 Make sure books (binders) are up straight Kitchen 5 Sweet behind garbage can Kitchen 6 Teacher request (things like fold towels, empty pencil sharpeners, sweep in laundry area) Kitchen 7 Ice cube trays double checked to make sure they are filled.

-Sue Reber, Oak Canyon Junior High

Names _____

Lab Time Schedule Planning Sheet

Directions: Using your recipe and lab planning sheet, list all the tasks that each member of your group will have to do. Also list the time in 10 minute increments and list what each person will be doing at that time.

[illegible]

Kitchen # and Name	Pizza Pockets/ Blender Drink	Pancakes	Bread Sticks	CM Cookies	Bullseye
1-	Chef	Sous Chef	Dishwasher	Dryer	Clean-Up
1-	Clean-Up	Chef	Sous Chef	Dishwasher	Dryer
1-	Dryer	Clean-Up	Chef	Sous Chef	Dishwasher
1-	Dishwasher	Dryer	Clean-Up	Chef	Sous Chef
1-	Sous Chef	Dishwasher	Dryer	Clean-Up	Chef
2-	Chef	Sous Chef	Dishwasher	Dryer	Clean-Up
2-	Clean-Up	Chef	Sous Chef	Dishwasher	Dryer
2-	Dryer	Clean-Up	Chef	Sous Chef	Dishwasher
2-	Dishwasher	Dryer	Clean-Up	Chef	Sous Chef
2-	Sous Chef	Dishwasher	Dryer	Clean-Up	Chef
3-	Chef	Sous Chef	Dishwasher	Dryer	Clean-Up
3-	Clean-Up	Chef	Sous Chef	Dishwasher	Dryer
3-	Dryer	Clean-Up	Chef	Sous Chef	Dishwasher
3-	Dishwasher	Dryer	Clean-Up	Chef	Sous Chef
3-	Sous Chef	Dishwasher	Dryer	Clean-Up	Chef
4-	Chef	Sous Chef	Dishwasher	Dryer	Clean-Up
4-	Clean-Up	Chef	Sous Chef	Dishwasher	Dryer
4-	Dryer	Clean-Up	Chef	Sous Chef	Dishwasher
4-	Dishwasher	Dryer	Clean-Up	Chef	Sous Chef
4-	Sous Chef	Dishwasher	Dryer	Clean-Up	Chef
5-	Chef	Sous Chef	Dishwasher	Dryer	Clean up
5-	Clean-Up	Chef	Sous Chef	Dishwasher	Dryer
5-	Dryer	Clean-Up	Chef	Sous Chef	Dishwasher
5-	Dishwasher	Dryer	Clean-Up	Chef	Sous Chef
5-	Sous Chef	Dishwasher	Dryer	Clean-Up	Chef
6-	Chef	Sous Chef	Dishwasher	Dryer	Clean-Up
6-	Clean-Up	Chef	Sous Chef	Dishwasher	Dryer
6-	Dryer	Clean-Up	Chef	Sous Chef	Dishwasher
6-	Dishwasher	Dryer	Clean-Up	Chef	Sous Chef
6-	Sous Chef	Dishwasher	Dryer	Clean-Up	Chef
7-	Chef	Sous Chef	Dishwasher	Dryer	Clean-Up
7-	Clean-Up	Chef	Sous Chef	Dishwasher	Dryer
7-	Dryer	Clean-Up	Chef	Sous Chef	Dishwasher
7-	Dishwasher	Dryer	Clean-Up	Chef	Sous Chef
7-	Sous Chef	Dishwasher	Dryer	Clean-Up	Chef

I give the 9th grade foods students a class job at the beginning of the semester to help keep the class organized and on time. Each student draws a number out of a hat, and when I call their number, they come up and pick a job. Jobs include: doing laundry, trash, passing out papers, getting out supplies, putting supplies away, helping with demos, stacking/unstacking chairs, etc. Once trained, the students help me stay on top of everything going on.

With 7th grade, we have a treasure hunt. They have to find the number and write down what it says. This helps them know where the dirty laundry basket is, where the aprons are, where the supply table is, etc. The numbers are listed in order of required tasks. I printed it below. Hope this helps,

Valerie Shaw, Kennedy jr.

1. Read the board for new or missing directions.
2. Manager– fills out lab sheet, and assigns jobs.
3. Wash hands with hand soap and hot water at your sink.
4. Put on a clean apron.
5. Get 2 clean towels and 2 washcloths.
6. One person gets the ingredients from the supply table.
7. Cook.
8. Clean-up– wipe counters/stove and wash dishes.
9. Dirty towels and aprons go into the dirty laundry basket.
10. Teacher signs you out before you can leave. (at your table)

1	2	3	4	5
6	7	8	9	10

LAB SHEET

Period: _____ Kitchen Number: _____

Lab: _____

Ex. Chef: _____

Sous Chef: _____

Organizer: _____

Server: _____



	1 Needs Improvement	2 Poor	3 Average	4 Good	5 Exceptional
SANITATION Appearance/ Uniform	Could not participate due to improper attire; poor hygiene, dirty fingernails, etc.	Dressed improperly; needed to make major modifications to attire, hair and/or hands in order to participate	Dressed properly for activity, minor modifications to hair and/or hands in order to work in kitchen	Dressed properly, hair restrained, and hands washed - no modifications necessary before beginning activity	Exceptionally neat, clean, arrived ready to being work
WORKSTATION	Poorly maintained work space during lab activity; cross-contamination and/or unsanitary conditions present	Work space not well maintained during activity; needed coaching to remedy conditions	Maintained moderately clean work space; some threat of cross contamination during lab activity	Maintained clean work space, avoided cross-contamination throughout activity	Maintained exceptionally clean and sanitary work space throughout activity, no cross-contamination or unsanitary conditions
WORK HABITS	Frequent touching of face, hair, unclean surfaces; little concern for cleanliness, no visible handwashing	Poor handwashing technique and/or frequency; no visible concern for cleanliness	Adequate handwashing technique and/or frequency; adequate concern for general cleanliness	Frequent, proper handwashing; minimal touching of face, hair or unclean surfaces; noticeable concern for cleanliness	Extreme care with cleanliness and handwashing and keeping hands clean; no touching of face, hair or unclean surfaces
CLEAN-UP	Inspection shows no cleaning of equipment utensils, an/or surfaces; items were left unwashed	Inspection show poor cleaning of equipment, utensils, and/or surfaces; items must be re-washed before further use	Inspection shows adequate cleaning of equipment utensils, and/or surfaces; some disorganization in storage	Inspection shows clean equipment, utensils, and/or surfaces; items are properly stored	Inspection shows, clean equipment, utensils, and/or surfaces; items are organized and stored with care
MISE EN PLACE	No planning or advance preparation demonstrated	Minimal planning; lack of efficiency	Adequate planning and efficiency	Thorough planning evident before and during activity	Extremely prepared; highly efficient
WASTE	Unacceptable amount of food and/or supplies wasted due to lack of planning and/or concern	Large amount of food and/or supplies wasted; waste could have been prevented	Acceptable amount of food and/or supplies wasted	No food and/or supplies wasted	Food and/or supplies were conserved, not used
TIME MANAGEMENT	Large amount of wasted time and/or inactivity; activity not completed	Did not complete in time allotted due to inefficient use of time	Average organization; completed activity relatively on time	Completed activity and all clean-up tasks on time	Exceptionally organized; completed activity ahead of time
EQUIPMENT USE/OPERATION	Improper use of tools and/or equipment resulting in breakage or injury to self and/or others	Careless use of tools and/or equipment resulting in excessive wear and tear to items	Adequate care of tools and/or equipment; no misuse noted	Shows respect for tools and supplies; normal wear and tear	Extreme care taken with all tools and equipment
TECHNIQUE SKILL LEVEL	Unacceptable skill level; does not meet minimum requirements for technique at this time	Needs practice and coaching to meet average skill level	Properly demonstrates skill with some prompting	Proficient at skill without supervision	Exemplary demonstration of skill level is beyond expectations at this time, can assist others
TEAMWORK COOPERATION	Disrupts and/or antagonizes others	Shows disrespect for others and/or their work or property	Works with others without supervision	Demonstrates patience and respect for others	Eagerly assists others

LAB SHEET

Name _____ Period _____ Lab Group # _____

Date	Recipe Name	Your contribution to this lab: What did you do? active participation, skills practiced or learned.	Evaluate your end product: How did it turn out? Improvements to make it next time, Alterations to make.	How does this lab apply to this unit of study? What did you learn? What are we learning about?	How well did your group cooperate? Did you use time wisely and finish on time with clean-up?	Check-off & Teacher Comments

Please write legibly and in complete sentences!

Lab Sheet

Period: _____ Unit: _____

Lab Name & Date	NAME OF STUDENTS IN UNIT (Highlight your name for each lab)				FINAL CHECK	Next Classes Comments
NAME OF LAB: Snack Pizza	NAME: Problems:	NAME: Problems:	NAME: Problems:	NAME: Problems:	YES	
DATE:	POINTS: /25	POINTS: /25	POINTS: /25	POINTS: /25	NO	
NAME OF LAB: Fruit Salad	NAME: Problems:	NAME: Problems:	NAME: Problems:	NAME: Problems:	YES	
DATE:	POINTS: /25	POINTS: /25	POINTS: /25	POINTS: /25	NO	
NAME OF LAB: Oatmeal Munchies	NAME: Problems:	NAME: Problems:	NAME: Problems:	NAME: Problems:	YES	
DATE:	POINTS: /25	POINTS: /25	POINTS: /25	POINTS: /25	NO	
NAME OF LAB: Vanishing Breakfast Rolls	NAME: Problems:	NAME: Problems:	NAME: Problems:	NAME: Problems:	YES	
DATE:	POINTS: /25	POINTS: /25	POINTS: /25	POINTS: /25	NO	
NAME OF LAB: Noodle-Veggie Stir-Fry	NAME: Problems:	NAME: Problems:	NAME: Problems:	NAME: Problems:	YES	
DATE:	POINTS: /25	POINTS: /25	POINTS: /25	POINTS: /25	NO	
LAB RULES 1-Wash hands 2-Aprons on 3-Hair back 4-Work quietly 5-Stay in own unit 6-Work as a team 7-Do assigned job	#1 COOK: A-Got cooking & mixing equipment. B-Prepare & cook food C-Sweeps cooking & eating areas D-Review clean-up list, aprons & final check	#2 FOOD SERVER: A-Get food supplies B-Assists cook C-Serves the food D-Dry dishes & put away E-Wash cupboards, counters, table, stove, & microwave	#3 TABLE ATTENDANT: A-Measures food in unit B-Sets & clears table including ice & water C-Classroom lab duty D-Dry dishes & put away E-Wipe & dry place mats & put them away	#4 DISWASHER A-Washes the dishes B-Clean & dries sinks, plugs, faucet C-Clean & dry drainer tray D-Put dirty towels in laundry cart	CLEAN UP CHECK 1-Sink & drains clean 2-Counter clean & dry 3-Floor is clean 4-Stove & oven off 5-Equipment clean 6-Stove/microwave clean 7-Wet towels in laundry	

1-Fill out this lab sheet – write neatly and small. A- Date of lab B-Name of each student above-correct job C-Highlight your name for each lab

2-When a person is absent, write absent under their name.

3-Evaluate yourself at the end of each lab. Write down problems that occurred during the lab.

Score _____/20

Foods Lab Plan

Unit _____ Food Prepared _____ Date _____ Class Period _____

Manager Duties Name: _____ Points: _____

- 1____ Complete lab sheet.
 - a-Assign duties
 - b-Order supplies
- 2____ Get out hot pads and linens.
- 3____ Make sure unit is spotless & all appliances are turned off.
- 4____ Get lab sheet and give points to others for their work.
- 5____ Wipe off the fronts of the cupboards and the table.
- 6____ Check the neighboring lab for cleanliness +20 points
If someone is absent. . . do their job.

Cook Name: _____ Points: _____

- 1____ Read the recipe.
- 2____ Get out equipment necessary for recipe.
- 3____ Get out unit supplies.
- 4____ Give each person something to do in preparation.
- 5____ Wipe off the stove including the knobs and side.

Assistant Cook Name: _____ Points: _____

- 1____ Gather supplies from the teacher.
- 2____ Fill the sink with dishwater.
- 3____ Put away supplies at the end of the lab.
- 4____ WASH the dishes and CLEAN the sink.
- 5____ Set the table properly.

Assistant Name: _____ Points: _____

- 1____ Help with food preparation.
- 2____ Wipe off counters including under appliances.
- 3____ Clean and put away the equipment.
- 4____ Dry the dishes.
- 5____ Sweep the floor.

Extra people see the teacher for an assignment

LAB PLAN (What do you do FIRST, SECOND, THIRD, ETC?)

- | | |
|----|----|
| 1- | 4- |
| 2- | 5- |
| 3- | 6- |

How long does your recipe take to cook? _____

What time must it be in the oven or on the range cooking in order for you to finish on time? _____

What time must you eat in order to have enough time for clean up? _____

Manager did you accomplish your plan? Why or why not?

INSPECTION: Completed by: _____ Unit: _____

OVER

Manager must complete all of the following for 20 points

- _____ Counter top and table are clean even under the appliances
- _____ Cupboards look neat and clean
- _____ Floor has been swept and mopped if necessary
- _____ Appliances are clean . . . including MICROWAVE
- _____ Sink is clean and dried out
- _____ Dish towels and cloths have been put in the BLUE hamper.

MEMO *****

Include all the members of our unit on the sheet and if one is absent give them a zero, but put their name on the sheet!

If you have not double-checked the cleaning sheet taped to the wall in each unit it would be advisable for you to do so.

Individual Lab Sheet

(Each person must fill out a lab sheet for points, points will not be awarded if the lab sheet is not complete and left in your lab folder by the end of class)

40 points

Name: _____ Date: _____ Period: _____
 Recipe Cooked: _____ Extra Duty: _____

Cooking Responsibilities 10 points

Head Cook		Assistant Cook
Make food preparation assignments to include everyone		Assemble cooking tools.
Get ingredients from supply table.		Assist in getting ingredients
Wash table before and after eating		Set table.
Sweep/mop floor & assist with extra duty.		Extra duty. & final check of unit
Help with food preparation		Help with food preparation
Cook I		Cook II
Get lab sheets for each person		Get aprons for each person.
Fill out lab portion of the lab folder		Get 2 dish cloths & towels.
Wash dishes & clean sink & stove		Wash counter & cabinets
Help with food preparation.		Help with food preparation
		Complete or assist Cook III
Cook III		List 3 food preparation tasks You completed: 10 points
Prepare pans.		Preparation tasks include:
Serve food.		Chopped carrots, stirred batter,
Check equipment & clean microwave		Preheated oven, measured flour, etc. It does not include cleaning
Put dirty laundry away appropriately		
Assist in cleaning dishes.		
Help with food preparation		

Product Evaluation 3 points

Rate your product on the following scale, 5 being the best. Circle the number.

Appearance 1 2 3 4 5 Flavor 1 2 3 4 5

Color 1 2 3 4 5 Texture 1 2 3 4 5

Self Evaluation 2 points

Today I

- ☐ Wore an Apron ☐ Followed safety guidelines.
☐ Followed sanitation guidelines.

Group Evaluation 5 points

Rate your group on the following scale, 5 being the best. Circle the number

Worked together and stayed on task. 1 2 3 4 5

All cooking assignments were evenly distributed. 1 2 3 4 5

All tasks were completed. 1 2 3 4 5

Followed recipe and lab instructions. 1 2 3 4 5

Left unit clean and finished on time. 1 2 3 4 5

Lab Analysis 10 points

Write 4-5 sentences describing what you learned from the lab, what went wrong and what you would do differently next time. See the example posted in your unit.

Extra Credit/Lab Makeup Lab Sheet

(Please fill out the following lab sheet when cooking at home for either extra credit or making up a lab. Please circle Lab makeup or extra credit below.)

10 Points extra credit or 40 points lab makeup

Name: _____ Date: _____ Period: _____

Recipe Cooked: _____

Date: recipe was cooked in class: _____

Cooking Responsibilities 10 points

Student	Parent /Guardian– Circle an appropriate score
Gather all ingredients before cooking.	Cleaned up completely 0 1 2 3 4 5
Prepare recipe.	Safety procedures were followed. 0 1 2 3 4 5
Set aside an example for Mrs. Greenwood	Washed hands 0 1 2 3 4 5
Serve food.	Other sanitation procedures were followed to prevent cross contamination. 0 1 2 3 4 5
Clean – Up	Please sign in the space provided below.

Parents Signature: _____

Date: _____

5 points for having a parent or guardian's signature.

Please bring in a sample of the food cooked or no points will be awarded.

Self Evaluation 2 points

Today I

☐ Wore an Apron ☐ Followed safety guidelines.

☐ Followed sanitation guidelines.

Product Evaluation 3 points

Rate your product on the following scale, 5 being the best. Circle the number.

Appearance 1 2 3 4 5 Flavor 1 2 3 4 5

Color 1 2 3 4 5 Texture 1 2 3 4 5

Lab Analysis 10 points

Write 4-5 sentences on the back of this sheet describing what you learned from the lab, what went wrong and what you would do differently next time. Please be specific. I do not want to know that you learned how to make wonton salad instead tell me that you discovered that you should not have the oil to hot because it will burn your wontons. There is always something to learn even if you think that you know it all already.

Date: _____

Kitchen # _____

Kitchen Lab Sheet

- Each member of the kitchen group needs to write their name in the appropriate box below, depending on the specific job assigned.
- Each member of the kitchen needs to read their specific duties that are posted in each kitchen and fulfill those duties.
- If a member of the group is wandering, breaking the kitchen rules, or misbehaving, the teacher will mark points off of the group member's lab grade.
- After you have completed the lab and your kitchen is clean, you need to politely ask the teacher to come and check your kitchen off.
- The teacher **MUST** sign the bottom of this paper before you can leave and be excused from the kitchen.

<u>CHEF</u> Name: _____	<u>SOUS CHEF</u> Name: _____
<u>DISHWASHER</u> Name: _____	<u>DRYER</u> Name: _____
<u>CLEAN-UP</u> Name: _____	<u>EXTRA</u> Name: _____

Teacher Signature: _____

Food and Nutrition I Lab Grading Sheets
Mrs. K. Johnson

Lab Number _____ Period _____ Lab Title _____

1	<p>Supply Person _____</p> <ul style="list-style-type: none"> • Collect all necessary ingredients, equipment and materials from supply table. • Properly wash all dishes in hot soapy water • Return all unused ingredients, cleaned equipment and materials to the supply table by the end of the lab. • Thoroughly sweep the floor of all food and other items. (mop the floor if needed) 	Grade yourself (10 = high)	Teacher grade (0 = low)
2	<p>Head Cook Duties _____</p> <ul style="list-style-type: none"> • Assign all lab members to their positions for the day • Responsible for the main cooking • Disinfect counters and table before and after lab • Wash stove and microwave thoroughly. • Fill out grade sheet and turn it in. 		
3	<p>Assistant Cook 1 Duties _____</p> <ul style="list-style-type: none"> • Assist the head cook by reading the recipe to him/her • Rinse the cleaned dishes in hot water • Collect the wash cloth and towel (linens) from supply table • Return used wash cloth and towel to the "Dirty" basket at the end of the lab 		
4	<p>Assistant Cook 2 Duties _____</p> <ul style="list-style-type: none"> • Assist the head cook by organizing the ingredients and equipment to be used in the recipe • Dry all cleaned dishes and put away properly • Rinse out all food particles in the sink and clean it with sink cleaner • Organize the under the sink items • Discard any rubbish on the floor such as papers, paper towels etc. 		

Questions

1. Did everyone do his or her jobs? If not, who did not and who did their jobs?
2. Did you like the lab today and why?
3. Tell me one thing that you learned today from this lab. Be specific!
4. What would you do different next time if you did this lab again and why?

LAB RULES

- Hair pulled back
- Aprons on
- Wash your hands
- Use equipment properly
- Respect all equipment
- Clean up after yourself
- Put things back where they belong
- Only take those supplies that are needed for your lab and on your ingredient list
- Eat what you take
- No climbing
- No running
- No water fights
- No food fights
- Treat everyone with respect
- Listen when instructions are given
- Follow all instructions
- Keep the foods lab a safe environment
- If you break something—tell the teacher immediately
- Read instructions before you ask
- Everyone participates or no one participates
- No outside food in the foods lab
- No food goes out of the foods lab
- Tardy students do not cook
- Anything else that is appropriate

Consequences

- I know that if I break the lab rules that I will be asked to leave the lab and complete an alternate assignment.
- I know that if I am endangering anyone in the lab including myself, my lab group, the teacher etc that I will not be allowed to use the lab room in the future.
- I know that if I break something on purpose in the lab it will be up to me to replace that item in the lab or make amends for that item by completing community service in the school.
- I know that if I leave the lab dirty that I will lose my points for the day, be asked to clean the entire lab to remind me not to leave it dirty and I will miss the next lab.
- I know that if I steal from the lab that I will be required to replace those items and I will not be allowed to use the lab, but I will complete alternate assignments.
- I know that if I do not follow school rules that I will have to take the consequences from the school which may include suspension, community service, lunch detention, alternate work, calling my parents etc.
- I know that if I use the lab correctly that I will have the opportunity to use the lab again.
- I know that if I do what I am suppose to do that I will have an enjoyable time in the lab and my teacher may let us do extra labs in the future.
- I know that if I do what I am suppose to do that I will get a good grade on this lab which will help me get a good grade and citizenship grade out of this class.

Sign below stating that I know the rules and expectations for this foods lab and I will follow them or take the consequences for not following them.

Food and Nutrition I Lab Grading Sheets
Mrs. K. Johnson

Lab Number _____ Period _____ Lab Title _____

1	Supply Person _____ <ul style="list-style-type: none"> • Collect all necessary ingredients, equipment and materials from supply table. • Properly wash all dishes in hot soapy water • Return all unused ingredients, cleaned equipment and materials to the supply table by the end of the lab. 	Grade yourself (10 = high)	Teacher grade (0 = low)
2	Head Cook Duties _____ <ul style="list-style-type: none"> • Assign all lab members to their positions for the day • Responsible for the main cooking • Disinfect counters and table before and after lab • Wash stove and microwave thoroughly. 		
3	Assistant Cook 1 Duties _____ <ul style="list-style-type: none"> • Assist the head cook by reading the recipe to him/her • Rinse the cleaned dishes in hot water • Collect the wash cloth and towel (linens) from supply table • Return used wash cloth and towel to the "Dirty" basket at the end of the lab 		
4	Assistant Cook 2 Duties _____ <ul style="list-style-type: none"> • Assist the head cook by organizing the ingredients and equipment to be used in the recipe • Dry all cleaned dishes and put away properly • Rinse out all food particles in the sink and clean it with sink cleaner • Organize the under the sink items 		
5	Assistant Cook 3 Duties _____ <ul style="list-style-type: none"> • Assist by drying all cleaned dishes • Assist by putting equipment and unused ingredients in their proper places • Thoroughly sweep the floor of all food and other items (mop floor if needed) • Discard any rubbish on the floor, such as papers, paper towels etc. 		

Questions

1. Did everyone do his or her jobs? If not, who did not and who did their jobs?
2. Did you like the lab today and why?
3. Tell me one thing that you learned today from this lab. Be specific!
4. What would you do different next time if you did this lab again and why?

Food and Nutrition I Lab Grading Sheets
Mrs. K. Johnson

Lab Number _____ Period _____ Lab Title _____

1	<p>Supply Person _____</p> <ul style="list-style-type: none"> • Collect all necessary ingredients, equipment and materials from supply table. • Properly wash all dishes in hot soapy water • Return all unused ingredients, cleaned equipment and materials to the supply table by the end of the lab. • Thoroughly sweep the floor of all food and other items. (mop the floor if needed) • Discard any rubbish on the floor such as papers, paper towels etc. • Organize the under the sink items 	Grade yourself (10 = high)	Teacher grade (0 = low)
2	<p>Head Cook Duties _____</p> <ul style="list-style-type: none"> • Assign all lab members to their positions for the day • Responsible for the main cooking • Disinfect counters and table before and after lab • Wash stove and microwave thoroughly. • Fill out grade sheet and turn it in. • Rinse out food particles in the sink and clean it • Help Dry dishes and put them away properly 		
3	<p>Assistant Cook 1 Duties _____</p> <ul style="list-style-type: none"> • Assist the head cook by reading the recipe to him/her • Rinse the cleaned dishes in hot water • Help dry dishes and put them away properly • Collect the wash cloth and towel (linens) from supply table or cupboard • Return used wash cloth and towel to the "Dirty" basket at the end of the lab 		

Questions

1. Did everyone do his or her jobs? If not, who did not and who did their jobs?
2. Did you like the lab today and why?
3. Tell me one thing that you learned today from this lab. Be specific!
4. What would you do different next time if you did this lab again and why?

LAB RULES

- Hair pulled back
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- Listen when instructions are given
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- I know that if I do what I am suppose to do that I will have an enjoyable time in the lab and my teacher may let us do extra labs in the future.
- I know that if I do what I am suppose to do that I will get a good grade on this lab which will help me get a good grade and citizenship grade out of this class.

Sign below stating that I know the rules and expectations for this foods lab and I will follow them or take the consequences for not following them.

Lab Comments

Unit

Recipe	Date	Head Cook Sweep & mop	Assistant Cook Extra duty	Cook 1 Dishes, sink & stove	Cook 2 Counter & Cabinets	Cook 3 Equipment put away & microwave
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5
Comments:						
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5
Comments:						
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5
Comments:						
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5
Comments:						
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5
Comments:						
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5
Comments:						
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5
Comments:						
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5

Students the numbers above indicate the points that are taken off (because the lab was left dirty) from the person responsible for that item on the lab sheet.

Lab Comments

Unit

Recipe	Date	Head Cook Sweep & mop	Assistant Cook Extra duty	Cook 1 Dishes, sink & stove	Cook 2 Counter & Cabinets	Cook 3 Equipment put away & microwave
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5
Comments:						
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5
Comments:						
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5
Comments:						
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5
Comments:						
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5
Comments:						
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5
Comments:						
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5
Comments:						
		01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5	01 2 3 4 5

Students the numbers above indicate the points that are taken off (because the lab was left dirty) from the person responsible for that item on the lab sheet.

OATMEAL MUNCHIES

2 Tbsp. Margarine
¼ cup plus 2 Tbsp sugar
2 Tbsp brown sugar
2 Tbsp milk
1 tsp flour
dash salt

2 Tbsp peanut butter
¼ tsp vanilla
¾ cup quick oats
1 Tbsp plus
2 tsp cocoa

- _____ 1. Fill out lab sheet and pick up supplies from teacher.
- _____ 2. Line jellyroll pan or cookie sheet with waxed paper.
- _____ 3. In a small saucepan combine margarine, sugar, brown sugar.
- _____ 4. Add the milk, cocoa, and salt to the saucepan.
- _____ 5. Place saucepan on burner with medium heat. Stir with a wooden spoon. Bring mixture to a boil and let boil for 1 minute. Remove pan from heat and place on heat resistant surface.
- _____ 6. Add peanut butter, vanilla, quick oats, and flour. Stir until well mixed. Put out by teaspoonfuls onto waxed paper. Place in fridge to set up.
- _____ 7. Fill sink with hot, soapy water.
- _____ 8. Get two clean dishcloths and towels.
- _____ 9. Wash and rinse the dishes.
- _____ 10. Dry the dishes. Wipe off the range.
- _____ 11. Put the dry dishes away. Wipe off counters.
- _____ 12. Sweep the floor. Make sure the sink is clean.
- _____ 13. Put the used laundry in the washer. Empty the garbage can.

***I combine the recipe and lab sheet. They are to assign jobs before they start and make sure they rotate and it is equal division of labor.

LeAnn Jackson
Mt Ogden Middle

Lab Planning Sheet

Unit: _____ Recipe: _____ Period: _____

<p>Cook: _____</p> <p>Responsibilities:</p> <ul style="list-style-type: none"> Read through the recipe completely Gather supplies found in unit Assemble needed cooking utensils Major cooking 	<p>Assistant: _____</p> <p>Responsibilities:</p> <ul style="list-style-type: none"> Gather supplies from supply table Measure ingredients used Fill out the evaluation Assist the cook 																						
<p>Aide: _____</p> <p>Responsibilities:</p> <ul style="list-style-type: none"> Wash the Dishes Wash the pots and pans Help clear the table 	<p>Helper: _____</p> <p>Responsibilities:</p> <ul style="list-style-type: none"> Dry the dishes Put away dishes and pots and pans Set the table 																						
<p>Grocery Order:</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; width: 70%;">Item</th> <th style="text-align: left; width: 30%;">Amount</th> </tr> </thead> <tbody> <tr><td>1. _____</td><td>_____</td></tr> <tr><td>2. _____</td><td>_____</td></tr> <tr><td>3. _____</td><td>_____</td></tr> <tr><td>4. _____</td><td>_____</td></tr> <tr><td>5. _____</td><td>_____</td></tr> <tr><td>6. _____</td><td>_____</td></tr> <tr><td>7. _____</td><td>_____</td></tr> <tr><td>8. _____</td><td>_____</td></tr> <tr><td>9. _____</td><td>_____</td></tr> <tr><td>10. _____</td><td>_____</td></tr> </tbody> </table>	Item	Amount	1. _____	_____	2. _____	_____	3. _____	_____	4. _____	_____	5. _____	_____	6. _____	_____	7. _____	_____	8. _____	_____	9. _____	_____	10. _____	_____	<p>Group Evaluation:</p> <ul style="list-style-type: none"> 1. Was the product satisfactory? _____ / 10 2. Were all group members involved? _____ / 10 3. Was all cleaning done well? _____ / 10 4. Was proper etiquette observed? _____ / 5 5. Lab sheet filled out correctly? _____ / 5 <p>Total points earned: _____ / 40</p> <p>Any comments?</p>
Item	Amount																						
1. _____	_____																						
2. _____	_____																						
3. _____	_____																						
4. _____	_____																						
5. _____	_____																						
6. _____	_____																						
7. _____	_____																						
8. _____	_____																						
9. _____	_____																						
10. _____	_____																						
<p>Items found in Unit:</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left; width: 70%;">Item</th> <th style="text-align: left; width: 30%;">Amount</th> </tr> </thead> <tbody> <tr><td>1. _____</td><td>_____</td></tr> <tr><td>2. _____</td><td>_____</td></tr> <tr><td>3. _____</td><td>_____</td></tr> <tr><td>4. _____</td><td>_____</td></tr> <tr><td>5. _____</td><td>_____</td></tr> </tbody> </table>	Item	Amount	1. _____	_____	2. _____	_____	3. _____	_____	4. _____	_____	5. _____	_____	<p>Citizenship:</p> <p>Overall behavior of the group:</p> <ul style="list-style-type: none"> 1. Working together _____ / 10 2. Staying on task _____ / 10 3. Problem solving _____ / 10 <p>Total points earned: _____ / 30</p> <p>Unit total points _____ / 70</p>										
Item	Amount																						
1. _____	_____																						
2. _____	_____																						
3. _____	_____																						
4. _____	_____																						
5. _____	_____																						

LAB SHEET for 3

RECIPE NAME: _____

Date: _____

Period: _____

Kitchen #: _____

HEAD CHEF: _____

- _____ 1. Fill out lab sheet
- _____ 2. Get towels for group
- _____ 3. Main cook, delegates to others
- _____ 4. Preheat oven & turn off
- _____ 5. **Get product checked off**
- _____ 6. Dry dishes & put away in proper place
- _____ 7. Put used towels in washer
- _____ 8. Turn in completed lab sheet

HEAD CHEF EVALUATIONS:

- All Hands washed: _____
- Head chef assigned cooking jobs _____
- Recipe measured properly _____
- Each person did jobs _____
- Finished product appearance _____
- Finished product taste _____
- Did you like the recipe? _____
- Why or why not? _____

ORGANIZER: _____

- _____ 1. Get supplies from table
- _____ 2. Assist head chef
- _____ 3. Get dishwater ready
- _____ 4. Wash dishes & put in drainer
- _____ 5. Wipe off range & counter top
- _____ 6. Return extra equipment to supply table
- _____ 7. Put trash in garbage
- _____ 8. **Clean kitchen checked off**

ORGANIZER EVALUATION:

- Dishes cleaned and dried _____
- All dishes put in proper places _____
- All surfaces wiped clean _____
- Towels taken care of _____
- Aprons hung up _____
- Group members cooperated _____
- Finished on time _____
- Followed directions _____

WAITER: _____

- _____ 1. Get aprons for group.
- _____ 2. Set table.
- _____ 3. Assist with cooking
- _____ 4. Clear off dishes from table. Wipe off table.
- _____ 5. Wipe off placemats and put away in proper place.
- _____ 6. Clean & dry sink, mixer, microwave, & Outside of cabinets.
- _____ 7. Sweep kitchen area and under table
- _____ 8. Hang up aprons for group.

WAITER: Any **SQUAWKS** about the last people to use this kitchen?

LAB SHEET for 4

RECIPE NAME: _____

Date: _____

Period: _____

Kitchen #: _____

HEAD CHEF: _____

- _____ 1. Fill out lab sheet
- _____ 2. Main cook, delegates to others
- _____ 3. Preheat oven & turn off
- _____ 4. **Get product checked off**
- _____ 5. Put clean dishes away in proper place.
- _____ 6. Put trash in garbage.
- _____ 7. Turn in completed lab sheet.

HEAD CHEF EVALUATIONS:

- All Hands washed: _____
- Head chef assigned cooking jobs _____
- Recipe measured properly _____
- Each person did jobs _____
- Finished product appearance _____
- Finished product taste _____
- Did you like the recipe? _____
- Why or why not? _____

ASSISTANT CHEF: _____

- _____ 1. Get towels for group.
- _____ 2. Assist head chef
- _____ 3. **Do the teacher job.**
- _____ 4. Clean mixer, microwave, outside of cabinets.
- _____ 5. Dry dishes
- _____ 6. Put used towels in washer.
- _____ 7. **Get clean kitchen checked off**

ASSISTANT CHEF EVALUATION:

- Dishes cleaned and dried _____
- All dishes put in proper places _____
- All surfaces wiped clean _____
- Towels taken care of _____
- Aprons hung up _____
- Group members cooperated _____
- Finished on time _____
- Followed directions _____

WAITER: _____

- _____ 1. Get aprons for group.
- _____ 2. Set table.
- _____ 3. Assist with cooking
- _____ 4. Clear off dishes from table. Wipe off table.
- _____ 5. Wipe off placemats and put away in proper place.
- _____ 6. Sweep kitchen area and under table.
- _____ 7. Hang up aprons for group.

ORGANIZER: _____

- _____ 1. Get supplies from table
- _____ 2. Assist head chef
- _____ 3. Get dish water ready
- _____ 4. Wash dishes & put in drainer.
- _____ 5. Dry sink with towel. Put away hand soap, dish soap, drainer.
- _____ 6. Wipe off range & counter top.
- _____ 7. Return extra equipment to supply table

WAITER: Any **SQUAWKS** about the last people to use this kitchen?

LAB SHEET for 5

RECIPE NAME: _____

Date: _____

Period: _____

Kitchen #: _____

HEAD CHEF: _____

- _____ 1. Fill out lab sheet
- _____ 2. Main cook, delegates to others
- _____ 3. Preheat oven & turn off
- _____ 4. Get product checked off
- _____ 5. Put clean dishes away in proper place.
- _____ 6. Turn in completed lab sheet.

HEAD CHEF EVALUATIONS:

- All Hands washed: _____
- Head chef assigned cooking jobs _____
- Recipe measured properly _____
- Each person did jobs _____
- Finished product appearance _____
- Finished product taste _____
- Did you like the recipe? _____
- Why or why not? _____

ASSISTANT CHEF: _____

- _____ 1. Get towels for group.
- _____ 2. Assist head chef
- _____ 3. Clean mixer, microwave, outside of cabinets.
- _____ 4. Dry dishes
- _____ 5. Put used towels in washer.
- _____ 6. **Get clean kitchen checked off**

ASSISTANT CHEF EVALUATION:

- Dishes cleaned and dried _____
- All dishes put in proper places _____
- All surfaces wiped clean _____
- Towels taken care of _____
- Aprons hung up _____
- Group members cooperated _____
- Finished on time _____
- Followed directions _____

ORGANIZER: _____

- _____ 1. Get supplies from table
- _____ 2. Assist head chef
- _____ 3. Get dishwater ready
- _____ 4. Wash dishes & put in drainer
- _____ 5. Dry sink with towel. Put away hand soap, dish soap & drainer.
- _____ 6. Return extra equipment to supply table.

WAITER: _____

- _____ 1. Get aprons for group
- _____ 2. Set table
- _____ 3. Assist with cooking
- _____ 4. Clear off dishes from table. Wipe off table.
- _____ 5. Sweep kitchen area and under table
- _____ 6. Hang up aprons for group

2nd ASSISTANT: _____

- _____ 1. Assist with table setting. Put placemats & napkins on table.
- _____ 2. Assist with cooking
- _____ 3. **Do the teacher job**
- _____ 4. Wipe off placemats and put away in proper place.
- _____ 5. Wipe off range & counter top
- _____ 6. Put trash in garbage.

WAITER: Any **SQUAWKS** about the last people to use this kitchen?

Cooking Lab Sheet

Recipe: _____ Period: _____ Date: _____ Lab Unit: _____

Manager: _____ ____ 1. Fill out lab sheet. ____ 2. Supervise/Check off jobs. ____ 3. Assign/do jobs for absent students. ____ 4. Checks clean up/Check out. ____ 5. Safety & Sanitation Score ____	Head Chef: _____ ____ 1. Preheat/Turn stove off. ____ 2. Read recipe out loud and cook. ____ 3. Divide and serve food. ____ 4. Clear and wipe off table. ____ 5. Safety & Sanitation Score ____
Assistant: Chef: _____ ____ 1. Get supplies. ____ 2. Help cook. ____ 3. Throw trash in garbage. ____ 4. Wash counters & stove. ____ 5. Safety & Sanitation Score ____	Organizer: _____ ____ 1. Get out kitchen tools. ____ 2. Set table. ____ 3. Help cook. ____ 4. Dry dishes and put away correctly. ____ 5. Safety & Sanitation Score ____
Dishwasher: _____ ____ 1. Get clean towels. ____ 2. Wash and rinse dishes. ____ 3. Clean and dry sink. ____ 4. Put dirty towels in the laundry. ____ 5. Safety & Sanitation Score ____	Comments:

If someone is absent, you will need to divide up their job.

Evaluation of Lab – Answer questions as a group.

1-How was your final food product? Excellent Good Fair Poor

2-Did your food turn out as planned? Yes No

Cooking Lab Sheet

Recipe: _____ Period: _____ Date: _____ Lab Unit: _____

Manager: _____ ____ 1. Fill out lab sheet. ____ 2. Supervise/Check off jobs. ____ 3. Assign/do jobs for absent students. ____ 4. Checks clean up/Check out. ____ 5. Safety & Sanitation Score ____	Head Chef: _____ ____ 1. Preheat/Turn stove off. ____ 2. Read recipe out loud and cook. ____ 3. Divide and serve food. ____ 4. Clear and wipe off table. ____ 5. Safety & Sanitation Score ____
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If someone is absent, you will need to divide up their job.

Evaluation of Lab – Answer questions as a group.

1-How was your final food product? Excellent Good Fair Poor

2-Did your food turn out as planned? Yes No

Organizing the Measuring Drawer

- Buy organization containers.

 - *Bed, Bath & Beyond, Target, Shopko, Wal-mart, K-mart

 - *Bring Equipment to Store with you to measure.

- Take pictures of equipment against dark background if equipment is light or against light background if equipment is dark. You just want contrast.

- Make a file folder under 'MyPictures' in My Documents on computer.

- Transfer pictures into new folder from the digital camera.

- Using MS Word insert the pictures. Crop using View – Toolbars – Pictures. Curser must be inside of picture and hit crop curser. Use ruler so pictures fit into containers. Leave a 1/2 inch border.

- Print on white cardstock. Trim pictures.

- Laminate pictures.

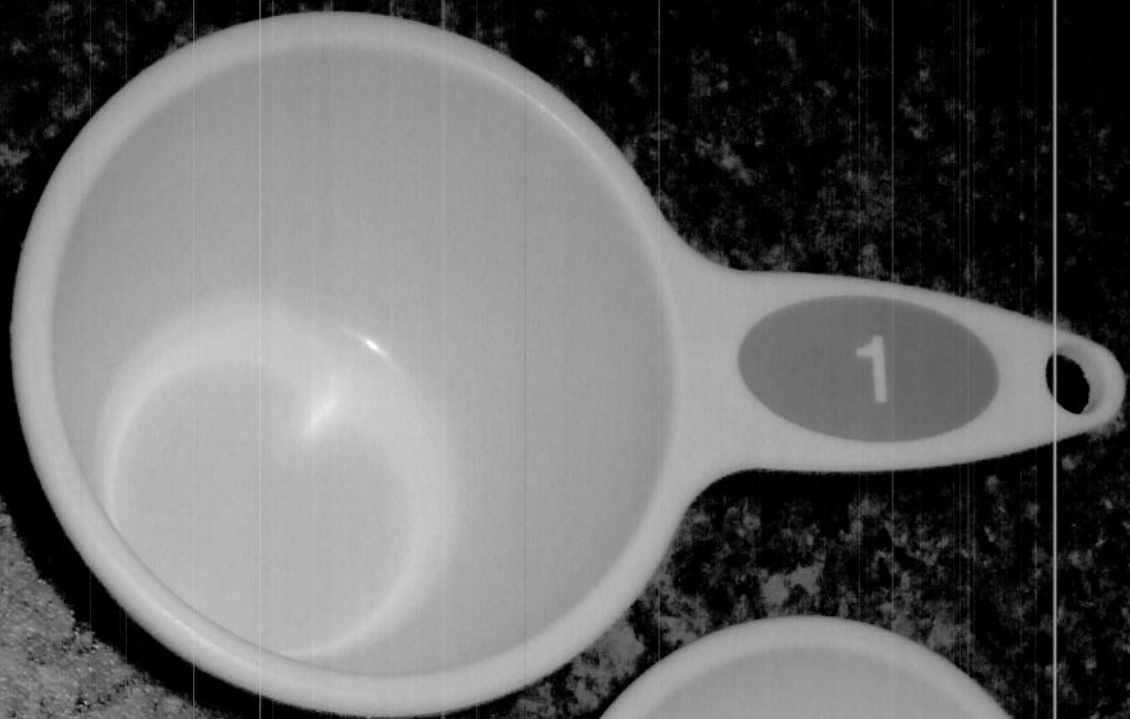
- Trim and glue into containers using glue dots.




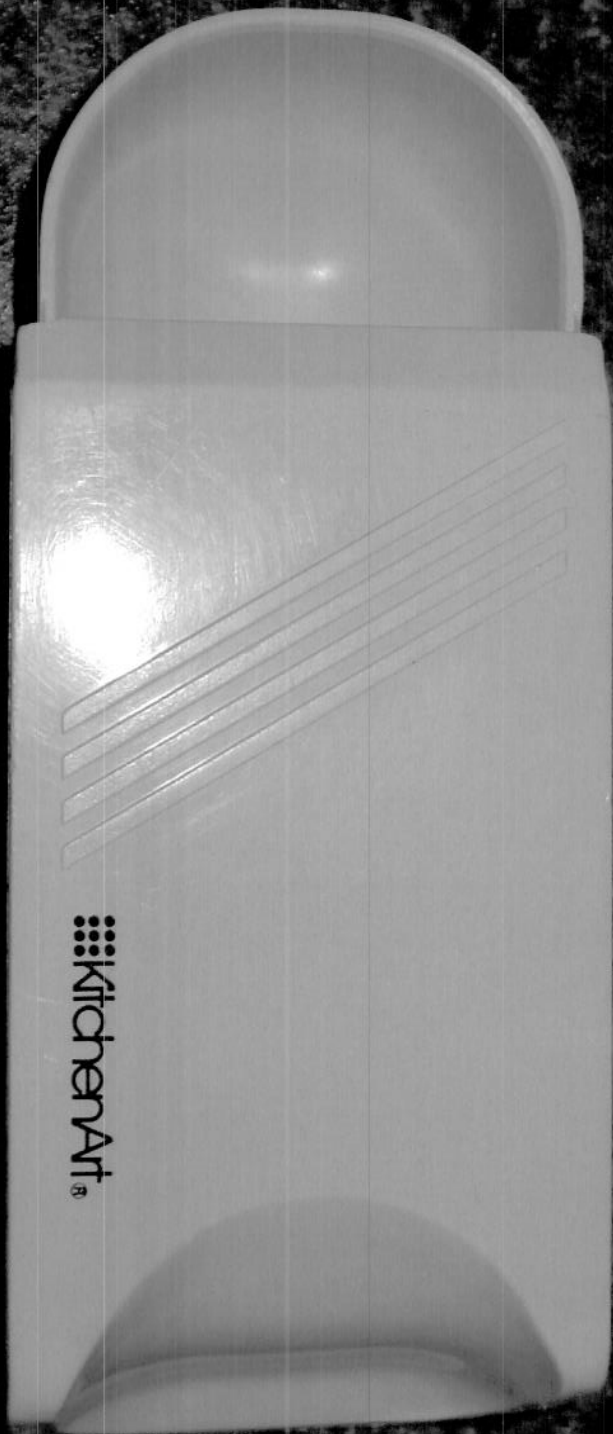


The
Pampered
Chef®

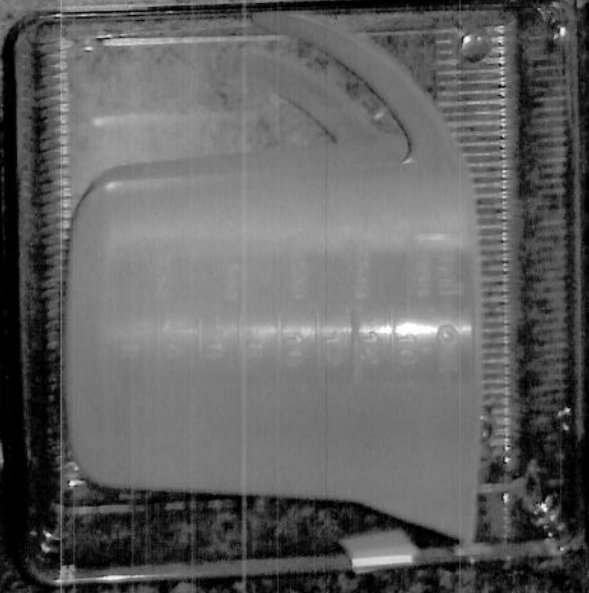
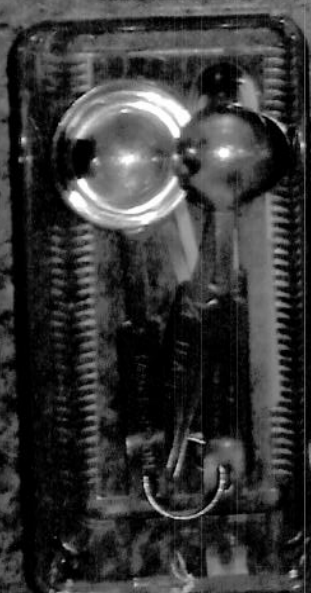
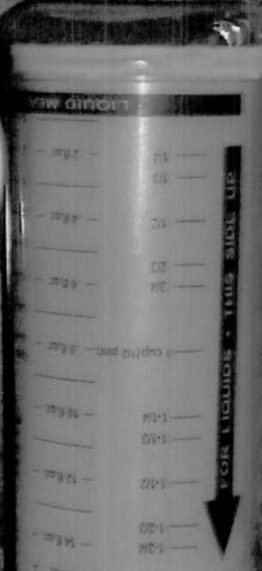
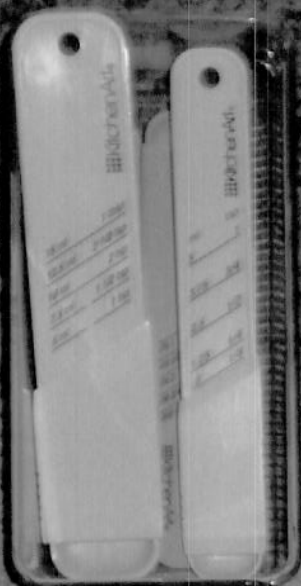


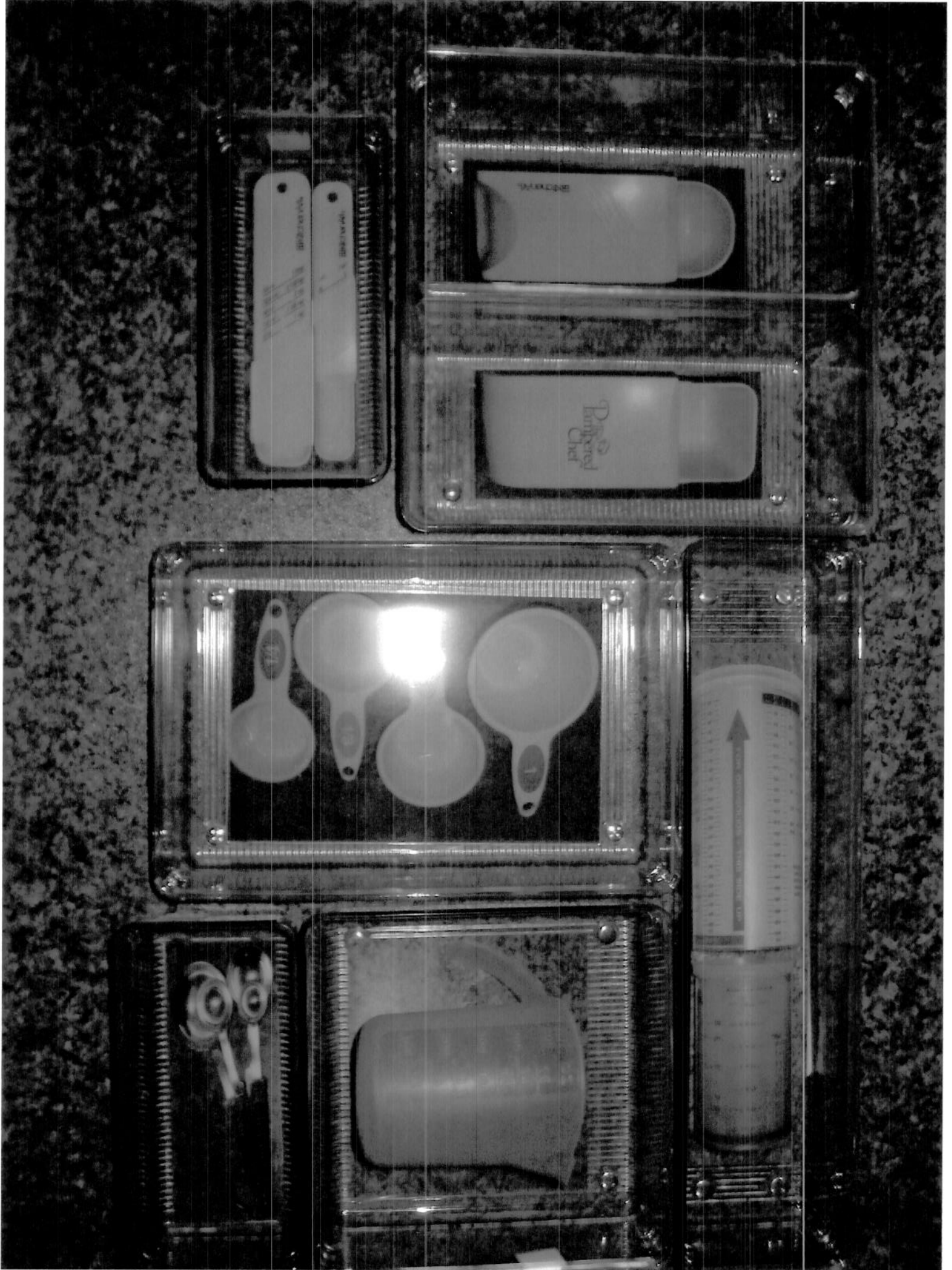


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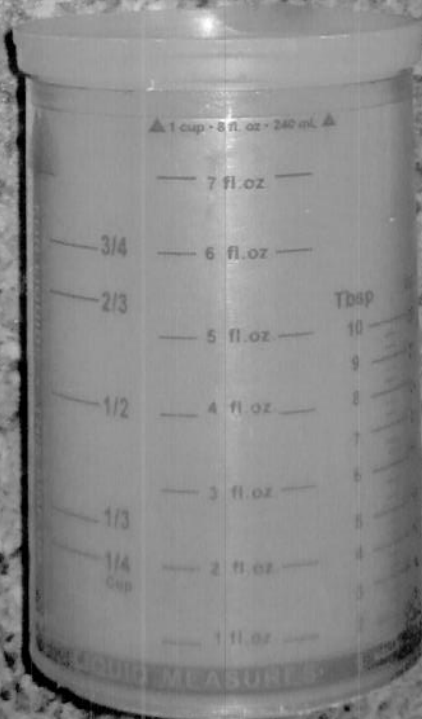












KitchenAid

Microwave

Canisters

White Sponge Bucket

Counters

Top of Stove

Inside and Around Stove

Floor

Baseboards

Cupboards

Inside Handle Pulls

Sink

Under Sink

Plate Cupboard

Silverware Drawer

Small Utensil Drawer

Pan Cupboard

4 Drawers Next to stove

Blenders

Floor Mat

Table

Chairs

Names:

A-1 Period

FILL SINK WITH HOT SOAPY WATER

IF THERE IS SOMETHING YOU DON'T HAVE CHECK WITH MS. ROCK. IF YOU HAVE TWO OF SOMETHING, BRING THE EXTRA UP FRONT!

_____ INSIDE OF OVEN Wipe out the inside of the oven with a wet rag. **NO GREEN SCRUBBIES OR SOAP!!!!!!!!!!!!!!**

_____ DRIP PANS Wash drip pans in hot, soapy water until they look new. If there is cooked on food, use a pan scraper to scrape it off.

_____ STOVE TOPS Wipe off the tops of stoves, have Ms. Rock spray down the clock part. It should be clean with no grease smudges.

_____ BEHIND OVENS & FLOOR Pull out ovens and sweep. Wash the floor under the stove. It should feel smooth.

_____ CUPBOARD BETWEEN STOVE & CUPBOARDS Pull out the stove and wash the cupboard next to the stove. Ask Ms. Rock to spray it with cleaner, **THEN LET IT SIT FOR 5 MINUTES**. Use a pan scraper to scrape off stuck on food. IT SHOULD FEEL SMOOTH (NOT STICKY), CLEAN & DRY TO THE TOUCH. (Another period will scrub the floor.)

_____ SIDES & FRONT OF STOVE Wash down all 3 sides of the stove (NOT THE BACK). Get off any caked on dirt and streaks. Ask Ms. Rock to spray it with cleaner. **LET IT SIT FOR 5 MINUTES BEFORE CLEANING**.

_____ DRAWER UNDER STOVE Wash out inside of drawer. Wash the broiler pan too.

There should be the following in that drawer:

_____ Broiler Pan	_____ 12 or 24 cup Metal Mini Muffin Pan
_____ 2 Cooling Racks	_____ 12 cup Metal Muffin Pan
_____ Check off with Teacher	

Names:

A-2 Period

FILL SINK WITH HOT SOAPY WATER

IF THERE IS SOMETHING YOU DON'T HAVE CHECK WITH MS. ROCK. IF YOU HAVE TWO OF SOMETHING, BRING THE EXTRA UP FRONT!

_____ Peel Stickers Peel off all stickers labels from drawers and cupboards. Make sure there is no tape left anywhere.

_____ 4 DRAWERS NEXT TO OVEN Take out and **WASH the items in the 4 drawers next to the oven**. Wipe out drawers and put everything back neatly. Have Ms. Rock check before putting anything back.

Hotpad Drawer(top drawer next to oven):

_____ 6 Cloth Clean Hot Pads

_____ 3 Plastic Hot Pads (1 square flat, 1 mitt, and 1 gripper)

_____ Strainer

Mixing Center (2nd drawer down next to the oven):

_____ 1 cup Measuring Scoop

_____ Liquid Measuring Cup

_____ ½ cup Measuring Scoop

_____ 1/4, 1/2, 1 teaspoon and 1 Tablespoon (metal)

_____ 2 Adjustable, Plastic Meas. Spoons

_____ Small & Large Sticky Measuring Cup

_____ 1 Plastic or Glass Bowl with Lid

_____ 3 Nested Stainless Steel Bowls

_____ 4 Plastic Nested Measuring Cups (1 cup, ½ cup, 1/3 cup, 1/4 cup)

Supply Center (3rd drawer down next to the oven):

_____ Large Cutting Board

_____ Supply Tray

_____ Small Cutting Board

Apron Drawer (bottom drawer next to oven)

_____ 6 Folded Aprons

_____ Kitchen Aid Mixing Attachments (Whisk, Flat Beater, Dough Hook)

_____ Check off with Teacher

Names:

A-3 Period

FILL SINK WITH HOT SOAPY WATER

IF THERE IS SOMETHING YOU DON'T HAVE CHECK WITH MS. ROCK. IF YOU HAVE TWO OF SOMETHING, BRING THE EXTRA UP FRONT!

_____ BLENDERS Take blender pitcher apart and wash each piece thoroughly until glass looks new. Wipe down the motor part & cord. Wrap cord around motor. Leave pitcher apart.

_____ CANISTERS Empty contents of containers in large containers up front. Scrub out the containers and the lids. Use your scrub brush with HOT, SOAPY water to clean out the creases. **DRY THEM SO NOT ONE DROPLET OF WATER REMAINS.**

_____ KITCHEN-AID MIXER Wash kitchen-aid mixer and bowl THOROUGHLY. Get food out of every little crevice. It's easier to get the tight spots if you wrap a wet rag around a butterknife. **I'M EXTRA PICKY ABOUT THIS. IT WILL BE THE HARDEST ITEM TO CLEAN. YOU WILL PROBABLY HAVE TO RE-CLEAN A FEW TIMES.**

_____ COOKIE SHEETS Using steel wool, scrub large and small cookie sheets until there are not stains and they look new.

_____ RED SILICONE BAKING MATS Using scrub brush, scrub mats until clean AND NOT greasy feeling. There may be some stains.

_____ Wipe cord on kitchen-aid until it is white and clean. Wrap it around the kitchen-aid **AFTER** getting it checked off.

_____ Check off with Teacher

Names:

A-4 Period

FILL SINK WITH HOT SOAPY WATER

IF THERE IS SOMETHING YOU DON'T HAVE CHECK WITH MS. ROCK. IF YOU HAVE TWO OF SOMETHING, BRING THE EXTRA UP FRONT! I will check you off on each job.

- _____ MICROWAVE GLASS TURNTABLE CAREFULLY take out glass turntable from microwave and wash in hot soapy water.
- _____ INSIDE OF MICROWAVE Have Teacher spray the inside of the microwave. Let the cleaner sit for 5 minutes to loosen grease. Wash out the inside of microwave until it feels smooth to touch and smells clean. **DO NOT USE GREEN SCRUB SPONGE OR ANYTHING ABRASIVE.**
- _____ OUTSIDE OF MICROWAVE Wipe down the outside of microwave-ALL SIDES with wet soapy dishcloth.
- _____ COUNTER UNDER MICROWAVE Move microwave and wash counter underneath.
- _____ SILVERWARE DRAWER Take tray out and wipe out the drawer. There should be no crumbs. Wash the silverware and dry it. Be sure you have all the pieces listed below. Have Ms. Rock check everything before putting it back in the Silverware Drawer: YOUR KITCHEN SHOULD HAVE JUST ONE PATTERN OF SILVERWARE.
- | | |
|------------------------------------|-----------------------------------|
| _____ 4-6 Butterknives (not sharp) | _____ 4-6 Salad Forks |
| _____ 4-6 Teaspoons | _____ 4-6 Large Spoons |
| _____ 4-6 Dinner Forks | _____ 1 Small Paring Knife(Sharp) |
- _____ CUPBOARD AND DRAWER PULLS Wipe out each drawer and handle pull. You may need to take a butter knife and wrap it with a wet rag to get into the crevices. There should be no evidence of food or fingerprints anywhere around handle pull.
- _____ CUPBOARDS Wash outside of cupboards thoroughly with soapy water. Next rinse with clean water and dry. . They should look and feel smooth and clean. You will have to scrub extra hard around the handles of cupboards to get off the caked on dirt.
- _____ Check off with Teacher
- Names:

B-2 Period

FILL SINK WITH HOT SOAPY WATER

IF THERE IS SOMETHING YOU DON'T HAVE CHECK WITH MRS. McCord. IF YOU HAVE TWO OF SOMETHING, BRING THE EXTRA UP FRONT!

- _____ FLOOR MAT Wash the mat in your kitchen until it looks like new.
- _____ PLATE CUPBOARD Wipe out the plate cupboard and leave NO CRUMBS!!!!
- _____ PLATES Wash plates and cups thoroughly.
- The following should be in the plate cupboard.
- | | |
|--|------------------------------------|
| _____ 6-12 Plates (only 1 OR 2 patterns) | _____ 6 Clear Plastic Cups |
| _____ 6-12 Bowls | _____ 4 Glass Supply Bowls |
| _____ Pitcher with lid | _____ Salt & Pepper Shakers |
| _____ 5 Large Green Cups | _____ 4 small plastic supply bowls |
- _____ Have Teacher check off plates and cupboard before putting dishes away.
- If you have extra cups or dishes, bring them up front. YOU NEED TO HAVE JUST ONE OR TWO PLATE PATTERNS.
- _____ SMALL UTENSIL DRAWER Pull out and clean the small utensil drawer. Wipe it out. Make sure there is not even enough of a crumb for an ANT. Wash the white containers that hold the utensils.
- _____ Get the needed equipment and organize the drawer. Remember if you have two of something, bring the extra up front and if you're missing something check up front.

Small Utensil Drawer Checklist:

- | | | |
|---------------------------------------|-------------------------------|------------------------------|
| _____ Wooden Spoon | _____ Large Flat Edge Spatula | _____ Metal Turner |
| _____ Tongs | _____ Cookie Dropper | _____ Mini Flat Edge Spatula |
| _____ Vegetable Peeler | _____ Pastry Blender | _____ Medium Metal Scooper |
| _____ Large Black Plastic Turner | _____ Pizza Cutter | _____ Small Metal Scooper |
| _____ Small Black Plastic Turner | _____ Rolling Pin | _____ Egg Separator/Whisk |
| _____ Metal Whisk | _____ Grater | _____ Black Plastic Spoon |
| _____ Rubber Scraper | _____ Plastic Whisk | _____ Mini Flat Edge Spatula |
| _____ Pastry Brush | _____ Wooden Turner | |
| _____ Slotted Spatula for Deep Frying | | |

_____ Check off Teacher

Names:

B-3 Period

FILL SINK WITH HOT SOAPY WATER

IF THERE IS SOMETHING YOU DON'T HAVE CHECK WITH MS. ROCK. IF YOU HAVE TWO OF SOMETHING, BRING THE EXTRA UP FRONT!

_____ PANS Take out all pans and wash them thoroughly. **DO NOT PUT THEM BACK UNTIL MS. ROCK HAS CHECKED THEM OFF!!!!!!!!!!!!!! YOU MAY NEED A STEEL SCRUBBER TO CLEAN BAKED ON FOOD.**

_____ Have Ms. Rock check pans and cupboard BEFORE PUTTING ANYTHING IN IT. If you have something extra, bring it up front. If you need something come up front to get it.

Pots & Pans Cupboard Checklist:

Top Shelf:

_____ Glass Pie Plate

_____ Round Glass Plate (Scalloped Edge)

_____ 2 Small Glass Casserole Dishes

_____ Square Glass Baking Dish

_____ Blue or Red Plastic Microwave Bundt Pan _____ Glass Rectangle Casserole Dish

_____ Plastic Red 24 cup Mini Muffin Pan _____ Plastic Red 12 cup Muffin Pan

Bottom Shelf:

_____ Pizza Stone Rack

_____ Round Cake Pan

_____ Non-Stick Skillet

_____ Regular Skillet with Lid

_____ Bread Loaf Pan

_____ Small Pot with Lid

_____ Large Pot with Lid

_____ UNDER THE SINK Wash out underneath the sink and wash the dustpan. The floor should feel smooth and not soapy or sticky. Have Ms. Rock check it before putting stuff back.

The following should be under the sink:

_____ Dustpan

_____ Any extra sink plugs.

_____ Check off with Teacher

Names:

B-4 Period

FILL SINK WITH HOT SOAPY WATER

IF THERE IS SOMETHING YOU DON'T HAVE CHECK WITH MS. ROCK. IF YOU HAVE TWO OF SOMETHING, BRING THE EXTRA UP FRONT!

_____ CUPBOARDS Wash and dry outside of cupboards thoroughly. Have Ms. Rock spray them with cleaner, let them sit for 5 minutes then wash with a rag rinsed in HOT water. They should look and feel smooth and clean. You will have to scrub extra hard around the handles of cupboards to get off the caked on dirt.

_____ SINKS Rinse sinks with hot water. **Sprinkle powdered cleanser all over. Then scrub with green side of sponge. Be sure the sponge is wet. Scrub with HOT water or they don't come clean. All gray streak marks should be gone. It should look white when done.**

_____ WALL ABOVE FAUCET Scrub the wall above the faucet and remove all the food.

_____ FAUCET Scrub around faucet area AND behind faucet until it shines like a mirror.

_____ FLOOR Wash the floor in your kitchen and dry it well.

_____ CUPBOARDS Wash and dry outside of cupboards thoroughly. I will spray them with a cleaner. Let the cleaner soak for 5 minutes. **USE A RAG THAT HAS HOT WATER ON IT TO WIPE OFF THE CLEANER, otherwise it streaks and you will just keep having to re-do it.** They should look and feel smooth and clean. You will have to scrub extra hard around the handles of cupboards to get off the caked on dirt.

_____ COUNTERS Wash counters, UNDER EVERYTHING. There shouldn't be a speck of food or dirt anywhere.

_____ ROUND BRUSH DRAINER Take round brush drainer apart and wash thoroughly

_____ TABLE & CHAIRS Wash off table and 5 chairs. Chairs will have to be scrubbed with green sponge to get off dirt.
All dark marks need to be scrubbed away. Place the chairs stacked in your kitchen.

_____ Check off with Teacher

Name: _____ Unit# _____ Per. _____
Name: _____ Name: _____
Name: _____ Name: _____

Cleaning Day ☺

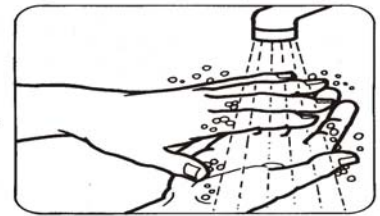
- _____ Wash out the inside, and outside of the microwave until spotless.
- _____ Clean the turntable/plate in the microwave.
- _____ Wash all the counters, including underneath all equipments (move it). (last)
- _____ Take out all dishes and wash with hot soapy water.
- _____ Dry all dishes completely.
- _____ Take out all equipment and wash with hot soapy water.
- _____ Wipe out all cabinets and drawers (when everything's out of it).
- _____ Clean the entire outside of the cabinets and walls.
- _____ Wipe off the entire Kitchen Aid and clean all attachments and bowls.
- _____ Wipe off the entire Cuisinart Ice Cream Maker and clean all attachments & bowls.
- _____ Clean stove top – No cleaners, water only!
- _____ Clean inside the oven – ABSOLUTELY NO CLEANERS!
- _____ Clean the entire outside of the oven (sometimes the little knobs may be removed).
- _____ Wash sink.
- _____ Replace all clean dishes and equipment to the appropriate place (using the labels as a guide).
- _____ At the end of the year, empty all contents from the staples containers (Flour, sugar, brown sugar) into the garbage, and wash the containers thoroughly.
- _____ Stack clean staples containers inside each other. (Put smaller containers in larger)
- _____ Bring all extra items to the supply table.
- _____ Clean the tile dividers (behind stoves).
- _____ Wash all the counters, including underneath all equipment (move it).
- _____ CAREFULLY slide the oven out (do not ruin any of the electrical plugs, or gas lines) and sweep and mop under the ovens.
- _____ Sweep the floor.
- _____ Mop the floor.

*I must sign you off on each item.

Hand Washing

List the steps to washing your hands

1. Use _____ running water
2. Apply _____.
3. Wash vigorously for at least _____ seconds
4. Rinse away the _____ and the germs.
5. _____ with hot air dryer or single use towels (in public restrooms)



The best defense against the spread of infection is _____

Wash your hands before you:

1. _____
2. _____

Wash your hands after you:

1. _____
2. _____
3. _____
4. _____

Remember that _____ and _____ are just as essential as using soap.

Doing Dishes

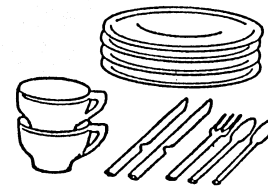
For family health, it is important to wash dishes because _____ grow on dishes or utensils that have not been cleaned thoroughly.

Supplies Needed: Dish _____, Scouring _____, Dish _____, Drying _____.

Getting _____

_____ dishes first of any extra food into the garbage.

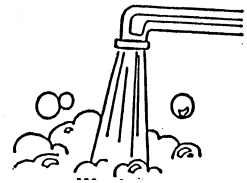
_____ extra dirty dishes in hot water right after use



Sort and stack
dishes by groups

1 – _____ the Sink with _____ water.

Add the soap while the water is running. Use the hottest water your hands can tolerate because you want to get rid of germs and clean up quickly.



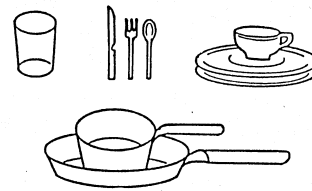
2 – Wash the _____

Wash, using a washcloth and/or scouring pad when necessary. Wash from the least _____ to the most _____.

****ALERT: Change the water if _____.**

Dishes should be washed in this order:

1. Glasses
2. _____
3. _____
4. _____
5. _____



3– _____ the Dishes

What are two reasons that you want to rinse with the hottest water available.

- 1-
- 2-

#4 – _____ the dishes and _____

Dry using a clean dish towel and carefully replace the dishes where they belong.

Clean Up

What are some things that you should also remember to clean after doing the dishes-

Dirty dishcloths and towels go where? _____

Garbage goes where? _____

Check the stove to make sure it is turned _____.

Wipe out the _____ and leave it dry.

_____ the floor. Mop if needed.

The dustpan is located in the cupboard under the _____.

Wipe out the _____ and outside of the _____.

Wipe down the _____ and _____ and faucet.



Checking Off

Leave soapy water in sink _____ teacher checks you off.

Leave the _____ in your kitchen until the teacher checks you off.

If you leave without checking off you will get _____ points for the cooking lab.

Name: _____

Period: _____



Cleaning the Kitchen Lab Quiz



True/False: Read the statement and write in **TRUE** or **FALSE** for the answer.

- _____ 1. To clean the blender, unscrew the bottom and wash each piece in hot soapy water, rinse and dry and let teacher put it back together.
- _____ 2. Leave water in sink for the next class period.
- _____ 3. After the teacher checks you off let the water out of your sink, rinse it out and empty food trap into garbage.
- _____ 4. The best way to wash the microwave is to place a bowl of water in it, heat water to boiling and let sit to loosen up food for 10 minutes. Then wash out with a warm soapy dishcloth.
- _____ 5. Put the Kitchen-Aid mixer attachments back in the bottom drawer after cleaning them.
- _____ 6. Leave the Kitchen-Aid mixer attachment on the machine for the next class period.
- _____ 7. Cool water is best for rinsing powder cleanser out of the sink.
- _____ 8. If you spill on the floor use a clean dishtowel to wipe up the spill.
- _____ 9. If you spill on the floor use a dirty dishtowel from the dirty basket to wipe up the spill.
- _____ 10. Hot water is best for rinsing dishes.
- _____ 11. When you're done cooking in a pot or pan, put it in the dishwater to soak.
- _____ 12. When you're done cooking in a pot or pan, let the food cool in pan before washing it.
- _____ 13. When you're done using the blender wipe down the motor part with hot, soapy water.
- _____ 14. When you're done using the blender don't worry about the motor part, we'll clean it at the end of the semester.
- _____ 15. Cold water kills germs, cuts through grease, and rinses soap off dishes faster.
- _____ 16. Hot water kills germs, cuts through grease, and rinses soap off dishes faster.
- _____ 17. Use dishsoap to wash your hands.
- _____ 18. Use handsoap to wash your hands.
- _____ 19. Use handsoap to wash the dishes.
- _____ 20. To wash stovetop put soap & water on the scrub brush and scrub stovetop, then rinse & dry until there are not streaks.
- _____ 21. The glare of light shows lots of missed spots you didn't clean.
- _____ 22. The glare of light hides missed spots you didn't clean.
- _____ 23. If you use an all-purpose cleaner like 409, wipe it down with a clean towel.
- _____ 24. If you use an all-purpose cleaner like 409, wipe it down with a dishcloth dipped in water.
- _____ 25. If water is left in a sponge it will grow bacteria.
- _____ 26. Rinse out a sponge and get as much water out of it to prevent the growth of bacteria.
- _____ 27. Close all 4 corners of the all the canisters and then wipe them down.
- _____ 28. Pull sticky measuring cup apart and wash and dry each piece to clean it.

